



TRADEWINDS

MENU

AT DURAN GOLF CLUB

**LUNCH
HOURS**

11:00 AM

3:00 PM

APPETIZERS

APPETIZER SAMPLER

served with 3 of each: potato skins with bacon and cheese, mozzarella sticks, chicken tenders, mini cheese quesadilla; served with honey mustard, salsa and sour cream. (please no substitutions)

MOZZARELLA STICKS [V]

5 cheese blend breaded and fried golden brown; served with marinara sauce

POTATO SKINS

5 golden brown potato cups filled with cheddar, bacon, and chives; served with sour cream

QUESADILLA [V]

shredded cheddar jack cheese inside a grilled flour tortilla with pico de gallo; served with side of sour cream and salsa

add grilled or blackened chicken \$2.99

add grilled or blackened steak \$3.99

add grilled or blackened shrimp \$3.99

TATER TOTS BASKET [V]

basket of golden brown tater tots

add bacon and cheese \$1.50

SWEET POTATO FRIES BASKET [V]

topped with cinnamon sugar

ONION RINGS BASKET [V]

served with sriracha sauce

FRENCH FRIES BASKET [V]

add bacon and cheese \$1.50



15.99

7.99

8.99

8.99

5.99

6.99

7.99

5.99

SALADS

● APPLE WALNUT

greens topped with grilled or blackened chicken, apples, walnuts, goat cheese, and raisins; served with raspberry vinaigrette

CHEF **NEW!**

turkey, ham, bacon, hard boiled egg, tomato, onion, cucumber, cheddar jack cheese over a bed of lettuce; served with your choice of dressing

COBB

grilled or blackened chicken, bacon, cucumber, tomato, hard boiled egg, avocado, and cheddar jack cheese over a bed of lettuce; served with choice of dressing

ISLAND SALAD BOWL

grilled or blackened chicken, lime infused cabbage, pico de gallo, cheddar jack cheese and creamy house taco sauce over a bed of lettuce

sub shrimp \$2.99 sub mahi \$4.99

GARDEN [V]

tomato, cucumber, onion, cheese and croutons over a bed of lettuce; served with your choice of dressing

add grilled or blackened chicken \$2.99

add grilled or blackened shrimp \$3.99

add grilled or blackened mahi \$4.99

CAESAR [V]

crisp romaine, parmesan cheese, and seasoned croutons; served with caesar dressing

add grilled or blackened chicken \$2.99

add grilled or blackened shrimp \$3.99

add grilled or blackened mahi \$4.99

WRAPS

SERVED WITH ONE SIDE

GRILLED CHICKEN

your choice of marinated grilled chicken or jerk chicken with cheddar jack cheese, bacon bits, lettuce, tomato and smoky ranch dressing; served on a flour tortilla wrap

BUFFALO CHICKEN WRAP **NEW!**

fried chicken tenders tossed buffalo sauce, wrapped in a flour tortilla with lettuce, tomato, shredded cheddar jack cheese and ranch.

LOSE THE WRAP - ORDER OVER A SALAD!

CHICKEN SALAD

all white meat chicken with toasted almonds, dried raisins, in a light honey mustard mayonnaise; served on a whole wheat wrap

● ISLAND SHRIMP

golden fried shrimp tossed in a sweet thai chili sauce with pineapple, shredded cheddar jack cheese, lettuce and tomato; served on a flour tortilla wrap

sub grilled chicken

TUNA SALAD

fresh made tuna salad with onions, lettuce and tomato; served on a whole wheat tortilla wrap

● SIGNATURE ITEM

[V] VEGETARIAN OPTION AVAILABLE

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Split charge of \$1.99 includes an additional side

Gratuuity of 22% will be added to parties of 8 or more.

updated 4/2023

HANDHELDS

SERVED WITH ONE SIDE

REEF MAHI

fresh 8oz mahi filet, flame grilled or blackened, with lettuce, tomato, fresh pineapple and tartar sauce; served on a brioche bun

FRIED FISH

beer battered cod, fried to a golden brown, with lettuce, tomato, onion and tartar sauce; served on a brioche bun

DUDA RANCH

grilled chicken, with swiss cheese, bacon, sliced avocado, lettuce, tomato, ranch dressing and onion; served on brioche bun

ISLAND TACOS

choice of grilled or blackened chicken with lime infused cabbage, pico de gallo, cheddar jack cheese and creamy house taco sace

sub shrimp \$2.99 sub mahi \$4.99

THE TRADEWINDS

7oz flame grilled angus beef patty with your choice of cheese, lettuce, onion and tomato; served on a brioche bun

choice of: swiss, cheddar, provolone, jalapeno jack

add choice of: caramelized onions, jalapenos, pico de gallo, sautéed mushrooms \$0.99 each

add choice of bacon, avocado, onion ring \$1.99

SLIDERS

2 all beef mini patties with american cheese; served on mini brioche buns

CHICKEN SLIDERS **NEW!**

2 mini grilled chicken breasts with lettuce, tomato and onion; served on mini brioche buns



BASKETS

SERVED WITH ONE SIDE

FRIED SHRIMP

7 golden fried shrimp; served with fries and cocktail sauce

CHICKEN TENDERS

4 lightly battered, deep fried chicken tenderloins; served with french fries and your choice of dipping sauce

SEAFOOD BASKET **NEW!**

beer battered cod & golden fried shrimp; served with fries, coleslaw, tartar sauce, cocktail sauce and lemon wedge

TRADE "WINGS"

1lb. of fried chicken wings; served with french fries, coleslaw, celery and carrots with your choice of ranch or bleu cheese dipping sauce

choice of: mild, hot, teriyaki, mango habanero, bbq, jerk, parmesan garlic

FISH AND CHIPS

2 pieces of beer battered cod, fried to a golden brown; served with fries, coleslaw, tartar sauce and lemon wedge

17.99

12.99

14.99

12.99

11.99

11.99

11.99

11.99

11.99

10.99

16.99

15.99

13.99



SANDWICHES

SERVED WITH ONE SIDE

CLASSIC RUEBEN

your choice of thin sliced corned beef or lean turkey piled high with sauerkraut, swiss cheese, and 1000 island dressing on a thick marbled rye bread grilled golden brown

sub mahi \$4.99

BLT

bacon, lettuce and tomato with mayonnaise; served on toasted sourdough bread

CARIBBEAN GRILLED CHEESE [V]

melted gouda cheese, mango chutney, and grilled pineapple rings; served on a grilled sourdough bread

add bacon \$1.99

TUNA MELT **NEW!**

fresh made tuna salad topped with swiss cheese and sauteed onions; grilled to perfection on your choice of bread

CHEESE STEAK

your choice of thinly sliced seasoned steak or grilled chicken topped with provolone cheese, grilled onions and peppers; served on a toasted rustic ciabatta roll

CUBAN PANINI

thin sliced roasted pork, cured ham, swiss cheese, garlic yellow mustard and crisp dill pickles, pressed in panini press

DOUBLE BOGEY

thin sliced turkey with lettuce, tomato, onion, bacon and swiss cheese; served on toasted wheat bread

SHRIMP PO BOY

fried breaded shrimp, with shredded lettuce, diced tomato, creole remoulade sauce; served on a hoagie roll

BOWLS

RICE BOWL [V]

sauteed vegetables, black beans, and cheddar cheese topped with teriyaki sauce served over white rice

add grilled or blackened chicken \$2.99

add grilled or blackened shrimp \$3.99

add grilled or blackened mahi \$4.99

DAILY SOUP

CUP

BOWL

12.99

12.99

9.99

10.99

12.99

11.99

12.99

12.99

13.99

3.99

4.99

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REGULAR SIDES

FRENCH FRIES
CHIPS
FRUIT CUP
COLESLAW
STEAMED BROCCOLI
BLACK BEANS AND RICE

any items ordered as an additional side \$3.99

PREMIUM SIDES

upgrade any regular side for \$1.99

ONION RINGS
TATER TOTS
CUP OF SOUP
SWEET POTATO FRIES
SIDE GARDEN SALAD
SIDE CAESAR SALAD

DESSERTS

FUNNEL CAKE FRIES *NEW!*

5.99

fried sticks of sweet batter, deep fried to a golden brown and topped with powdered sugar; served with your choice of chocolate or caramel syrup

ICE CREAM SUNDAE *NEW!*

4.99

2 scoops of vanilla icecream topped with chocolate syrup, whipped cream and walnuts



MOLTEN LAVA CAKE *NEW!*

6.99

chocolate cake with a molten chocolate center, topped with a scoop of vanilla ice cream

BEVERAGES

SOFT DRINKS

free refills of teas, fountain drinks & coffee



2.50

FOUNTAIN DRINK
UNSWEET TEA
ARNOLD PALMER
COFFEE
HOT TEA



BEER

served by pint or pitcher

DRAFT BEER

BUDLIGHT
DURAN PILSNER
GUINNESS
MICHELOB ULTRA
SEASONAL
YUNGLING

OTHER

HIGH NOON
TRULY SELTZER

BOTTLES & CANS

BUDLIGHT
BUDWEISER
COORS LIGHT
CORONA
GOOSE ISLAND IPA
HEINEKEN
LANDSHARK
MICHELOB ULTRA
MILLER LITE
O'DOULS
STELLA ARTOIS
YUENGLING



WINE

served by the glass

RED

CABERNET SAUVIGNON
MERLOT
PINOT NOIR

BUBBLES

BRUT
MIMOSA
SPUMONTI

WHITE

CHARDONNAY
MOSCATO
PINOT GRIGIO
RIESLING
SAUVIGNON BLANC
WHITE ZINFANDEL

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