

HOP'S DINNER MENU

APPETIZERS

A HOPPIN' COMBINATION \$10.25

Potato skins, mozzarella sticks, jalapeño poppers, mini taquitos and mini burritos. Served with salsa fresca, sour cream, guacamole and marinara sauce.

cal 992 | fat 51g | chol 82mg | carb 116g

FRIED CALAMARI \$9.25

Served with cocktail sauce and tartar sauce.

cal 870 | fat 55g | chol 685mg | carb 87g

TURKEY POTSTICKERS \$8.25

Six potstickers filled with turkey and vegetables then grilled and served with teriyaki and sweet and sour sauce.

cal 475 | fat 72g | chol 50mg | carb 90g

VEGETARIAN SPRING ROLL \$8.95

Six vegetarian egg rolls cooked until golden brown. Served with teriyaki and sweet and sour sauce.

cal 330 | fat 4.5g | chol 0mg | carb 49g

CHICKEN QUESADILLA \$9.95

Julienne breast of chicken sautéed with peppers and onions between two flour tortillas with melted cheese. Served with pico de gallo, sour cream and guacamole.

cal 885 | fat 35g | chol 131mg | carb 71g

BUFFALO WINGS \$7.95

Spicy chicken wings with ranch dressing and celery sticks.

cal 992 | fat 51g | chol 82mg | carb 116g

BRUSCHETTA \$7.95

Diced tomato seasoned with fresh garlic, basil, herbs on sourdough garlic croutons.

cal 755 | fat 0g | chol 0mg | carb 24g

SAUTÉED MUSHROOMS \$7.95

Button mushrooms sautéed with butter, wine and parsley.

cal 277 | fat 23g | chol 12mg | carb 2g



Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity.

**Calorie count before cooking.*

SOUPS & SALADS

SOUP OF THE DAY \$5.25

Made fresh daily.

TOSSSED MIXED GREENS \$5.95

Crisp mixed greens tossed then topped with tomatoes, cucumbers, croutons, red onions and parmesan cheese.

cal 755 | fat 0g | chol 0mg | carb 24g

COBB SALAD \$10.95

Crisp mixed greens topped with diced turkey, tomatoes, ham, bacon, boiled egg, crumbled blue cheese and avocado. Served with your choice of dressing.

cal 407 | fat 25.5g | chol 77mg | carb 20.25g

ORIENTAL CHICKEN SALAD \$11.25

Marinated double breasts of chicken broiled then served on a bed of shredded lettuce with cilantro, green onions, rice stick noodles, peanuts, and our own dressing. Garnished with jicama, carrots, cucumber and tomato.

cal 670 | fat 22g | chol 60mg | carb 81g

SEASONAL SQUASH & SHRIMP SALAD \$17.95

Roasted seasonal squash tossed with crisp mixed greens, corn, black beans, tomatoes, blackened shrimp and mango vinaigrette.

cal 230 | fat 1.3g | chol 46mg | carb 47.9g

QUINOA SALAD \$11.50

Quinoa tossed with crisp greens, seasonal blanched vegetables and raspberry vinaigrette. Topped with sunflower seeds and sundried cranberries.

cal 670 | fat 17g | chol 0mg | carb 107.8g

CAJUN SPINACH SALAD \$13.95

Chicken breast coated in Cajun spice sautéed then diced and tossed with spinach, peppers, red onion, pecans, gorgonzola cheese, smoked bacon bits and raspberry vinaigrette. Topped with parmesan cheese.

cal 689 | fat 29g | chol 182mg | carb 41g

CAESAR SALAD COMBO \$7.95

Crisp romaine lettuce tossed with croutons, parmesan and our own Caesar salad dressing.

ADD SOUP OF THE DAY..... \$3.50

ADD CHICKEN \$4.95

ADD SALMON \$6.95

ADD FLANK STEAK..... \$6.95

ADD PRAWNS..... \$2.25 ea

Plain	cal 210	fat 14.5 g	chol 12 mg	carbs 11 g
with Chicken	cal 410	fat 17.5 g	chol 72 mg	carbs 11 g
with Salmon	cal 570	fat 36.5 g	chol 102 mg	carbs 13 g
with Steak	cal 990	fat 51 g	chol 209 mg	carbs 11 g
with Each Prawn	cal 6	fat 1 g	chol 9 mg	carbs 1 g

SANDWICHES

All sandwiches are served with a choice of french fries or mixed fruit cup.

BACON CHEESEBURGER \$10.50

Fresh ground beef broiled to perfection then topped with cheddar cheese and smoked bacon. Served on a bun with lettuce, tomato, red onion and a pickle.

cal 950 | fat 54g | chol 202mg | carb 58g

TURKEY BURGER \$10.25

Burger made from ground turkey grilled and served on a whole wheat bun with lettuce, tomato and red onion.

cal 561 | fat 17g | chol 130mg | carb 54g

CLUB HOUSE \$9.95

Tender slices of rotisserie turkey breast, lettuce, tomato, smoked bacon, avocado, and Swiss cheese on a toasted tripled decker.

cal 627 | fat 28g | chol 90mg | carb 92g

STEAK SANDWICH \$13.25

Angus tri-tip steak broiled to perfection served on foccacia cheese bread topped with caramelized onions and diced tomatoes.

cal 689 | fat 29g | chol 182mg | carb 41g

MONTEREY CHICKEN BURGER \$10.50

Double breast of chicken broiled then topped with avocado and Monterey Jack cheese. Served on a bun with lettuce and tomato.

cal 513 | fat 13g | chol 60mg | carb 51g

PASTA & VEGETARIAN

MARKETPLACE PASTA \$12.50

Linguine sautéed with fresh seasonal vegetables, garlic, fresh herbs, mushrooms, and broiled eggplant. Topped with diced tomatoes and shredded parmesan cheese.

cal 634 | fat 18g | chol 2mg | carb 118g

CAJUN SEAFOOD PASTA \$15.25

Bay shrimp, bay scallop and broccoli florets sautéed with linguine in a Cajun cream sauce. Topped with diced tomatoes and shredded parmesan cheese.

cal 969 | fat 49g | chol 280mg | carb 94g

SHRIMP SCAMPI \$20.25

Prawns sautéed with mushrooms, spinach, vegetables, garlic, herbs, white wine, alfredo sauce and fettucine. Topped with diced tomato and parmesan cheese.

cal 922 | fat 47g | chol 210mg | carb 114g

PENNE CON POLLO \$13.95

Diced chicken breast sautéed with spinach, sundried tomatoes, mushrooms and a creamy pesto sauce with penne pasta. Topped with diced tomatoes and parmesan cheese.

cal 488 | fat 15.4g | chol 60mg | carb 52.5g

INDIAN CURRY CHICKEN PASTA \$16.95

Fettucine sautéed with vegetables in a mango curry cream sauce then topped with a curried chicken breast, raisins and coconut.

cal 1045 | fat 44.6g | chol 244mg | carb 101g

VEGETABLE INDIAN CURRY \$11.95

Fresh seasonal vegetables sautéed with mango curry cream sauce and grilled tofu. Served with basmati rice.

cal 310 | fat 25g | chol 20mg | carb 50g

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity.

**Calorie count before cooking.*

FROM THE GRILL

LAMB CHOPS \$22.25

Four lamb chops broiled to perfection then topped with lingonberry sauce. Served with fresh seasonal vegetables and choice of starch.

cal 600 | fat 48.4g | chol 123mg | carb 31g

NEW YORK STEAK \$24.95

12-oz. Angus New York steak broiled to perfection, served with fresh seasonal vegetables, choice of starch and sauce.

cal 1081 | fat 54g | chol 304mg | carb 59g

FILET MIGNON \$27.95

8-oz. Angus filet mignon broiled to perfection. Served with fresh seasonal vegetables, choice of starch and sauce.

cal 723 | fat 36.4g | chol 207mg | carb 42g

RIB-EYE STEAK \$25.95

13-oz. Angus rib-eye steak broiled to perfection. Served with fresh seasonal vegetables, choice of starch and sauce.

cal 1105 | fat 70.6g | chol 230mg | carb 59g

TURKEY PROVENCALE \$13.95

Turkey tenders coated with egg batter, sautéed then topped with tomatoes, mushrooms, olives, capers and a light lemon cream reduction. Served with fresh seasonal vegetables and choice of starch.

cal 363 | fat 5g | chol 90mg | carb 7.4g

BALSAMIC PORK CHOP \$16.50

Two boneless pork chops seasoned then broiled to perfection. Topped with sautéed shallots, mushrooms and balsamic vinegar reduction. Served with fresh seasonal vegetables.

cal 432 | fat 24.4g | chol 10mg | carb 26g

GINGER CHICKEN TERIYAKI \$15.95

Breast of chicken seasoned then broiled and topped with teriyaki sauce, mushrooms, green onions and crystalized ginger. Served with fresh seasonal vegetables and choice of starch.

cal 667 | fat 14.1g | chol 80mg | carb 132g

CHICKEN FORESTIERE \$14.95

Double breast of chicken seasoned then sautéed on a bed of demi-cream sauce topped with an assortment of sautéed mushrooms with a hint of sherry wine. Served with fresh seasonal vegetables and choice of starch.

cal 419 | fat 7.2g | chol 22mg | carb 43.3g

Choice of sauce:

Bernaise, mushroom marsala, peppercorn, BBQ

Choice of starch:

Wild rice blend, garlic mashed potatoes, steamed rice

Baked potato.....\$2.25 (additional charge)

Sautéed shrimp.....\$2.25 ea. (additional charge)

DESSERTS

ICE CREAM	\$3.75
ICE CREAM SUNDAE	\$4.75
APPLE PIE	\$4.75
FEATURED CAKES	\$6.75
CHEF'S SPECIALTY CHEESECAKE	\$6.95

BEVERAGES

HOT TEA	\$3.00
ICED TEA	\$2.75
SPARKLING WATER	\$2.75
SPRING WATER	\$2.75
SODA	\$2.75
COFFEE (REGULAR/DECAF)	\$3.00

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