

golf
club

MENU

WATER

Evian Water 1.5 Ltr	\$ 6.00
Evian Water 1 Ltr	\$ 4.00
Perrier Water 750 ML	\$ 9.00
Mineral Water 500 ML	\$ 1.00
Mineral Water 1.5 Ltr	\$ 2.50

Soft Drinks

Diet Coke / Coke	\$ 4.50
Sprite	\$ 4.50
Bitter Lemon	\$ 4.50
Soda Water	\$ 4.50
Tonic Water	\$ 4.50
Fanta Orange	\$ 4.50

Beers

Beer	\$ 5.25
Corona Beer	\$ 7.25

PURE FRESH JUICE

Fresh Apple Juice	\$ 7.25
Fresh Orange Juice	\$ 7.25
Fresh Carrot Juice	\$ 7.25
Fresh Tomato Juice	\$ 7.25
Fresh Water Melon Juice	\$ 7.25
Fresh Pineapple Juice	\$ 7.25
Fresh Mango Juice	\$ 7.25
Fresh Papaya Juice	\$ 7.25
Fresh Mix Fruit Juice	\$ 7.25

COFFEE

Coffee	\$ 5.00
Espresso	\$ 4.00

TEA

Green Tea	\$ 3.75
Tea	\$ 3.75
Flavoured Tea	\$ 3.75
(Pepper mint, Mint)	

ICED TEA & COFFEE

Coffee Float

Espresso Coffee, Fresh Cream &
Coke Served with Coffee Ice Cream \$ 8.75

Iced Almond Coffee

Iced Coffee with Almond &
Fresh Milk \$ 7.50

Iced Caramel Coffee

Iced Coffee with Caramel &
Fresh Milk \$ 7.50

Iced Vanilla Tea

Iced Tea with Vanilla &
Fresh Milk \$ 7.50

Green Zest

Iced Green Tea with Fresh Lime &
Honey \$ 7.50

Fresh Mixed Juices & Smoothies

Sun Cooler

Fresh Pineapple, Fresh Orange, Kiwi,
Lime Juice with sugar \$ 8.75

Vitacy

Fresh Papaya, Fresh Mango, Yoghurt,
Fresh Lime Juice & Honey \$ 8.75

Sun Rise

Fresh Pineapple, Fresh Orange,
Ginger & Honey \$ 8.75

Carrot Dream

Fresh Carrot, Fresh Orange,
Fresh Lime & Honey \$ 8.75

Island Paradise

Fresh Orange, Coconut Cream,
Fresh Lime & Honey \$ 8.75

Energizer

Oreo Cookies, Fresh Milk &
Vanilla Ice Cream \$ 8.75

Cappuccino Smoothie

Espresso Coffee, Vanilla Ice Cream,
Milk, Fresh Cream & Honey \$ 8.75

Strawberry Blast

Frozen Strawberries, Fresh Banana, Fresh
Milk, Vanilla Ice Cream, Yoghurt & Honey \$ 8.75

Manana

Fresh Mango, Fresh Banana, Yoghurt,
Fresh Milk & Sugar \$ 8.75

ALCOHOLIC COCKTAILS

Pina Colada

Bacardi, Malibu, Pineapple Juice,
Coconut Cream \$ 9.99

Banana Colada

White Rum, Malibu, Cream De Banana
Pineapple Juice, Fresh Banana,
Coconut Cream \$ 11.99

Long Island Ice Tea

Gin, Rum, Vodka, Tequila, Cointreau,
Lime Juice, Coke \$ 11.99

Tequila Sunrise

White Tequila, Orange Juice,
Grenadine Syrup \$ 9.99

Sweet Lips

Vodka, Malibu, Boleys, Pineapple Juice,
Grenadine Syrup \$ 9.99

Maldivian Lady

White Rum, Apricot Brandy,
Pineapple Juice, Orange Juice,
Grenadine Syrup \$ 9.99

Coco Loco

Fresh Coconut, Tequila Gin, White Rum,
Pineapple Juice, Sugar Syrup, Fresh Lime \$ 11.99

Temptation

White Rum, Galiano, Baileys,
Pineapple Juice, Grenadine Syrup \$ 9.99

Caipirinha

White Rum, Fresh Lime, Brown Sugar \$ 9.99

Planters Punch

Dark Rum, White Rum, Orange Juice,
Pineapple Juice, Lime Juice,
Grenadine Syrup \$ 9.99

Blue Hawaiian

White Rum, Blue Curacao,
Coconut Cream, Pineapple Juice \$ 9.99

Shark Attack

Vodka, Sprite, Grenadine Syrup \$ 8.99

Mai Tai

Dark Rum, White Rum, Amerotte,
Pineapple Juice, Orange Juice,
Lime Juice \$ 9.99

Cuba Libre

Rum, Lime, Coke \$ 9.99

Singapore Sling

Gin, Cherry Brandy, Lime Juice,
Sugar Syrup, Arguster Bitter \$ 9.99

Screw Driver

Vodka, Orange Juice \$ 9.99

Spirits & Liquors

Bacardi Rum	\$ 6.25
Captain Morgan	\$ 6.25
Jack Daniels	\$ 10.00
Gordons Gin	\$ 6.25
Smirnoff Vodka	\$ 6.25
Martell VSOP	\$ 12.50
Henessy VSOP	\$ 12.50
Chivas	\$ 10.00
J.W. Black Label	\$ 10.00
Tequila Gold	\$ 6.25
Sambuca	\$ 6.25
Ameretto	\$ 6.25
Galliano	\$ 8.75

HOUSE WINES

White Wine Glass	\$ 6.25
Red Wine Glass	\$ 6.25
Glass Wine (RO)	\$ 6.25

Cigarettes

Benson & Hedges	\$ 11.00
Marlboro Light	\$ 11.00
Marlboro Red	\$ 11.00
Camel Blue	\$ 11.00

Weight Watch Food Menu



VEGETABLE BROTH

Mix Vegetable & Barley with best brown bread

Nutritional Value

Fat:	20.7 g	Protein	3.1 g
Energy:	230 kj	Fiber:	2.8 g

\$ 6.50



WILD MUSHROOM SOUP

Celery stick, Carrot, Butter, Dry Mushroom, Flour, Onion & Pepper

Nutritional Value

Fat:	4.7 g	Fiber:	1.2 g
Energy:	276 kj	Colestrol:	3.32 g

\$ 6.50



FATTOUSH CLUB BAR STYLE

Capsicum, Cucumber, Spring onion
Mint Leaves, Avocado & Tofu

Nutritional Value

Fat:	4.3 g	Fiber:	1.2 g
Energy:	55 cl	Colestrol:	45.22 g

\$ 19.00



TRI COLOR SALAD

Bright color & contrasting textures with leeks, red bell pepper, orange segment

Nutritional Value

Fat:	5 g	Fiber:	0.6 g
Energy:	75 cl	Colestrol:	7.36 g

\$ 15.25



GRILLED VEGETABLE SANDWICH

Lettuce, tomato, eggplant, onion, zucchini, bell pepper on mix grain bread

Nutritional Value

Fat:	2.1 g	Fiber:	3.1 g
Energy:	55 cl	Colestrol:	5.22 g

\$ 10.75



STEAMED CHICKEN SANDWICH

Chicken with salad green, tomato, cucumber & onion on whole meal bread

Nutritional Value

Fat:	5 g	Fiber:	1.2 g
Energy:	190 cl	Colestrol:	44.12 g

\$ 8.00

Weight Watch Food Menu



CHICKEN SALAD SANDWICH

chicken, onion, pecan, celery stick,
mayonnaise, green lettuce,
wheat flour & yeast

Nutritional Value

Fat:	19.7 g	Protein:	25.4 g
Fiber:	2.9 g	Carbohydrates:	31.1 g

\$ 11.75



TUNA & SWEET CORN SANDWICH

Sweet kernel corn, mix grainax, tuna,
cucumber, onion, mayonnaise,
yeast & flour

Nutritional Value

Fat:	9.2 g	Protein:	24.2 g
Fiber:	3 g	Carbohydrates:	34.4 g

\$ 8.00



STEAK SANDWICH WITH GUACAMOLI

beef tenderloin, avocado, butter
head lettuce, fresh coriander, tomato,
best bread brown mix & wheat flour

Nutritional Value

Fat:	33.1 g	Protein:	38.6 g
Fiber:	7.7 g	Carbohydrates:	76.7 g

\$ 15.25



PEPPER CRUSTED BEEF

Tenderloin steak with black pepper
& broccoli, beans & Green zucchini

Nutritional Value

Fat:	4.3 g	Fiber:	1.2 g
Energy:	210 cl	Colestrol:	45.22 mg

\$ 38.50



CHICKEN & GRILLED POTATO SLICE

Chicken, eggs, black pepper,
vegetable oil & potato slices

Nutritional Value

Fiber:	10.7 g	Protein:	40.6 g
Fat:	30.1 g	Carbohydrates:	76.7 g

\$ 8.00



GRILLED SNAPPER CUTLETS WITH OLIVE PASTE

Snapper Cutlet with carrot, beans,
peppers & Mashed potatoes

Nutritional Value

Fiber:	1 g	Energy:	313 cl
Fat:	24.1 g	Colestrol:	45.22 mg

\$ 24.25



TROPICAL FRESH FRUIT SLICE

Seasonal fresh fruit platter

Nutritional Value

Fiber:	3.1g	Protein:	0.9 g
Energy:	117 cl	Carbohydrates:	30.3 g

\$ 8.00

