

# BREAKFAST

SERVED ALL DAY  
Bread Choices: White, Whole Wheat or Rye

## The Small Breakfast

Two eggs served to your liking with toast. 2.99

## The Highlands Breakfast

Two Eggs served to your liking with homefries, toast and your choice of bacon, ham or sausage. 4.99

## The Hungry Man Breakfast

Three Eggs served to your liking with homefries, toast and any Two of bacon, ham or sausage. 6.99

## Fruit Bowl

A tropical mix of fresh fruits. 2.99

## Innerkip Fried Egg Sandwich

Two egg sandwich served topped with tomatoes and blended cheese with homefries. 4.99

## French Toast

Three pieces of bread served with St. Jacobs maple syrup and your choice of bacon, ham or sausage. 5.99

## The Western Sandwich

Traditional western served with ham, onions, green peppers and tomatoes with home fries. 5.99

## Morning Omelet

Three egg omelet served with ham, onions, green peppers and mushrooms with home fries and toast. 6.29

# TORTILLA WRAPS

All wraps are served with your choice of fries, house salad or Innerkip coleslaw.

## Innerkip Wrap

A fresh floured tortilla stuffed with slices of grilled chicken breast, bacon, fresh diced tomatoes and shredded lettuce with mozzarella and cheddar cheese, wrapped and warmed in our oven. 9.29

## Chicken Caesar Wrap

Our classic Caesar salad with grilled chicken, bacon and parmesan wrapped in a fresh warm tortilla 9.29

## Roast Turkey Wrap

Fresh floured tortilla generously stuffed with slices of oven roasted turkey, bacon, fresh diced tomatoes, shredded lettuce and mozzarella cheese; rolled and warmed to perfection. 9.49



# STARTERS

## Basket Of Fries

A heaping basket served crispy and golden 3.99

## Onion Rings

Enjoy a full basket of thick cut rings served with ranch sauce. 4.29

## Garlic Bread

Our fresh baguette seasoned with garlic butter and topped with parmesan 4.99

With blended mozzarella and cheddar 5.99

## Cheese Quesadilla

Our fresh floured tortilla is stuffed with grilled chicken, blended cheese, salsa and tomatoes. Served with sour cream and salsa for dipping. 7.49

With grilled chicken 9.49

## Spinach & Artichoke Platter

The ultimate combination of blended cheeses, spinach and artichoke hearts garnished with melted cheese and diced tomatoes served with warmed pita wedges and nacho chips. 8.99

## Clubhouse Nachos

A mountain of our seasoned tortilla corn chips are layered with diced tomatoes, lettuce, green onions blended cheese and salsa. Served with salsa and sour cream for dipping. 8.99

With grilled chicken and bacon 11.99

## Chicken Wings

A clubhouse favorite served golden brown and sauced just the way you like them with Mild, Medium, Hot or Honey Garlic.

1 pound single order 8.99

2 pounds double order 16.99

## Chicken Fingers

Tender boneless chicken strips served original or Buffalo style with fries. 9.29

## Innerkip Platter

One pound of chicken wings, garlic cheese bread, onion rings and vegetables with dipping sauces. 17.99

# BURGERS

All burgers are served with your choice of fries, house salad or Innerkip coleslaw.

## Classic Burger

Our 6oz steakhouse burger is barbequed and served on a fresh sesame bun brushed with garlic butter and garnished with tomatoes, lettuce, onions and a deli pickle. 7.29

Add Cheese .99

Add Bacon .99

## The Innerkip Burger

Our classic burger topped with sautéed onions and mushrooms, peameal bacon and mozzarella cheese garnished with tomatoes, lettuce, onions and a deli pickle. 9.29

applicable taxes extra

# SANDWEDGES

All sandwedges are served with your choice of fries, house salad or Innerkip coleslaw. Bread choices: White, Whole Wheat or Rye.

## The Western Sandwich

Traditional western served with ham, onion, green peppers and tomatoes. Served on hot buttery toast. 5.99

## BLT Sandwich

Your choice of bread topped with lettuce, tomatoes and crisp bacon with homefries. 6.29

## Roast Beef Stack

Thinly sliced roast beef warmed in jus, piled high on a fresh bun. Served with au jus for dipping. 8.99

## Philly Cheese Steak Sandwich

Shaved sirloin steak with sautéed mushrooms, onions and red peppers. Served in a garlic butter brushed bun topped with melted mozzarella. 9.29

## The Innerkip Clubhouse

Our signature sandwich served triple decker style with a juicy grilled chicken breast, fresh tomatoes, lettuce, peameal bacon, cheddar cheese and mayo. 10.29

# DINNER SALADS

## Highlands Chef Salad

Fresh iceberg lettuce and spring mix with shredded carrots, cucumbers and tomatoes. 5.29

## Highlands Grilled Chicken Chef Salad

Grilled chicken with fresh iceberg and spring mix with shredded carrots, cucumbers and tomatoes 8.29

## Caesar Salad

Fresh romaine lettuce tossed in our creamy dressing with croutons and bacon. Topped with fresh ground parmesan cheese. 6.29

## Chicken Caesar Salad

Grilled Chicken with fresh romaine lettuce tossed in our creamy dressing with croutons and bacon. Topped with fresh ground parmesan. 9.29

## Clubhouse Salad

Fresh iceberg lettuce and spring mix tossed with tomatoes, bacon and crispy strips of battered chicken topped with croutons and blended cheese. 8.99



# ENTRÉES

## Fish and Chips

One of our club's best sellers, two haddock fillets in a crispy golden beer batter served with fries and our club coleslaw, garnished with a fresh lemon and tartar sauce. 11.99  
Half Order 8.99

## Roasted Red Pepper Chicken Penne

We sauté chicken and sun dried tomatoes in a roasted red pepper garlic butter, tossed with Alfredo sauce and penne noodles. Topped with blended cheeses and baked to perfection. Served with garlic bread. 12.99

## Chicken Tetrazzini

Fettuccini noodles with sautéed chicken, onions, mushrooms and tomatoes tossed in alfredo sauce served with garlic bread. 13.49

## Veal Parmesan

Lightly breaded and seasoned, our tender veal cutlet is topped with marinara sauce, blended cheese and fresh parmesan. Served with a vegetable medley and your choice of rice, mashed potatoes or French fries. 12.49

## Schnitzel Dinner

A classic pork schnitzel served golden brown with sauerkraut. Served with a vegetable medley and your choice of rice, mashed potatoes or French fries. 12.99

## Smothered Chicken Breast

Two succulent grilled chicken breasts, seasoned and topped with sautéed mushrooms and melted cheddar and mozzarella. Served with a vegetable medley and your choice of rice, mashed potatoes or French fries. 14.99  
Half Order 10.99

## Highlands Sirloin Steak

A succulent 8oz sirloin "Grade AAA" steak lightly spiced and grilled to your specifications. Served with a vegetable medley and your choice of rice, mashed potatoes or French fries. 18.99  
Add Sautéed Mushrooms .99

# DESSERTS

## Caramel Pecan Flan

Loaded with caramel and pecans! This flan is finished with a drizzle of homemade caramel. Truly unforgettable 4.75  
Add a scoop of ice cream .99

## Deep Apple Pie

Sweet dough pastry, a layer of custard, large chunks of apples and sprinklings of raisins & cinnamon. Topped off with coconut streusel. Amazing. 4.75  
Add a scoop of ice cream .99

## Sundae

Old fashioned style vanilla sundae with your choice of chocolate or caramel sauce, sprinkled with crushed peanuts and topped with whipped cream and a cherry 3.95