

Dunes West

GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille
843-881-8735 Fitness Center ■ www.duneswestgolfclub.com



AROUND THE CLUB

Thursday Dinner

The Grille Room
Dinner served, 5-8 p.m.

THURSDAY SPECIALS

See the special board:
\$20 Wine Bottle Specials

SIDE SALADS

Add to any entrée for \$5.

■ **Caesar Salad** with homemade croutons & Parmesan cheese

■ **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & Bleu cheese dressing

■ House Salad

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

APPETIZER

■ Mussels

With shallots, garlic, white wine & a cauliflower cream sauce, \$10

ENTRÉES

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

■ **Lemon Garlic Chicken Thighs**
Baked with white wine, shallots, garlic butter & lemon, with sage roasted fingerling potatoes & haricot verts, \$17

■ **Roasted Duck Breast**
Cherry, shallot wine sauce, herbed rice & haricot verts, \$20

■ **Chef's Choice Steak**
Port wine demi glace, roasted fingerling potatoes & haricot verts, Market Price

■ Grilled Salmon

Pink peppercorn beurre blanc, herbed rice & haricot verts, \$19

SALADS & SANDWICHES

■ Burger*

Have it with or without bacon. Choose: American, cheddar, Swiss or smoked gouda served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

■ Chicken Sandwich

Have it grilled or fried, with or without bacon. Choose: American, cheddar, Swiss or smoked gouda served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

Save the Date!

Breakfast

Breakfast Sandwiches Only
Monday – Friday, 8-11 a.m.
Full Breakfast
Saturday-Sunday, 8-11 a.m.

Sunday Brunch

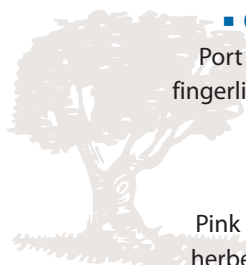
Sunday, 8 a.m.-12 noon

Lunch

Daily, 11 a.m.-3 p.m.

Dinner

Thursdays, 5-8 p.m.
Fridays, 5-8 p.m.



*Golf, Tennis, Swim
Repeat!*

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▪ **DW Salad**

Mixed greens, crumbled Bleu Cheese, dried cranberries, Mandarin oranges, candied walnuts, red onion & raspberry vinaigrette, \$9

Add to salad for \$5:

Chicken Breast or Shrimp grilled, fried or blackened

KIDS

Choose one side.

- Grilled Cheese, \$6
 - Burger, \$6
- Chicken Tenders, \$6
- Cheese Quesadilla, \$6

**Friday Night
Dinner**

Every Friday in February
The Grille Room
Dinner served, 5-8 p.m.

SIDE SALADS

Add to any entrée for \$5.

- **Caesar Salad** with homemade croutons & Parmesan cheese
- **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

▪ **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

APPETIZER

▪ **Queso Dip**

Homemade queso cheese dip & tortilla chips, \$8

ENTRÉES

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

▪ **Prime Rib**

Served with au jus, mashed potatoes & fresh green beans.
8 oz. Queen-Cut, \$18
12 oz. King-Cut, \$22

▪ **Chicken & Fried Green
Tomato Napoleon**

Char-grilled chicken breast, homemade pimento cheese & fried green tomatoes, topped with a homemade bacon jam, on a bed of mashed potatoes with fresh green beans, \$17

▪ **BBQ Plate**

Slow-cooked pulled pork drizzled with bourbon bbq sauce with baked beans, hand-cut fries & cole slaw, \$16

▪ **Buffalo Shrimp Tacos**

Fried shrimp tossed in wing sauce, with bleu cheese crumbles & salsa, drizzled with bleu cheese dressing, served with a side of beans & rice, \$14

**SALADS &
SANDWICHES**

▪ **Salmon Salad**

Bourbon glazed salmon on a bed of mixed greens with sliced almonds, mandarin oranges, diced tomatoes, cucumbers, black sesame seeds, with our homemade mustard vinaigrette, \$16

▪ **Burger***

Have it with or without bacon. Choose: American, cheddar, Swiss or smoked gouda served with shredded lettuce, tomato, onion &

Did You Know?!?

We offer EZ Pay Billing for both your Athletic & Golf dues! You simply need to provide us with a debit or credit card to draft from, and afterwards you can sit back, relax and never worry about another bill again!

Simply call Linda Jamison, Office Manager, and provide her with your debit or credit card number and updated email address. We will pull the funds for your monthly dues between the 1st and 5th of each month and send you an email showing how much was deducted.

How easy is that?! Give us a call today to set up your EZ Pay account!

843-856-9000



a pickle on a buttered & grilled brioche bun with fries, \$14

▪ **Chicken Sandwich**

Have it grilled or fried, with or without bacon. Choose: American, cheddar, Swiss or smoked gouda served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

KIDS

Choose one side.

- Grilled Cheese, \$6
 - Burger, \$6
- Chicken Tenders, \$6
- Cheese Quesadilla, \$6

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Tennis Fence Damage

2020 gave the tennis facility one last double fault. Many of the fences were damaged and are in the process of being repaired. Good riddance to 2020!

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Winter Fitness Class Session

January 4 – April 3

Unlimited Winter Session: \$145

Drop-in Class Fee: \$10/class

To register and pay for classes, please email Hannah at hannah.iliff@duneswestgolfclub.com.

Class Schedule

Mondays:

Pilates, 9 a.m.

Tuesdays:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Wednesdays:

Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

Thursdays:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Friday:

Yoga for You, 9 a.m.

Saturday:

Chisel, 8 a.m.



participants to ensure the recommended maximum participant number of 6 people at a time is not exceeded.

Please continue to practice safety by not coming to the gym if you are feeling ill or have been experiencing symptoms of Covid-19, wiping and cleaning equipment before and after use, washing your hands, and wearing face masks when entering and exiting the gym. We thank you for your patience as we continue to navigate this new style of fitness.

Reminders on children in the fitness facility: No children under 13 may be in the fitness facility at any time for any reason. Children ages 13-17 must be with an adult 18 years of age or older.

TENNIS NEWS

USTA & CALTA Leagues

USTA and CALTA Leagues are now underway so it is important that you reserve a court. To reserve a court, you must create a tennis account. Please contact Jack to create an account. If you have set up a tennis account in the past and are locked out of the system, please do not attempt to create a new account. Please contact Jack to get a password reset.

Tennis Tip from Jack Miller, Director of Tennis

You can have the best strokes on the court for that day, however if you are not watching the ball long enough then you will more than likely miss the shot. For your eyes, on the forehand side just remember that your chin and shoulder should make contact on the follow through. This lets you know that you have watched the ball long enough. Once they touch you can look down court all that you want. Since most players have two-handed backhands, this tip will work on both sides. For the one-handed backhand players, your eyes should stay at the point of contact until the racquet and ball have left that space. Roger Federer is one of the best players to emulate due to how long he watches the ball. See you at the courts. — Jack

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Valentine's Social Cancelled

Unfortunately, due to the current pandemic we have decided to cancel the Valentine's Tennis Social for this year. Stay safe! —The Tennis Staff

Fitness Facility Updates

When entering the gym, please count the number current exercise

Bunker Project Almost Complete

2021 Front Nine Fairway Bunker Renovations »

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GOLF NEWS

Great News to Announce for 2021

Fairway Bunker Renovations and Flooring in the Golf Clubhouse!

Bunker Work

We will be moving forward on our Bunker Project beginning Monday, January 18 as we will be renovating all the Front Nine Fairway Bunkers.

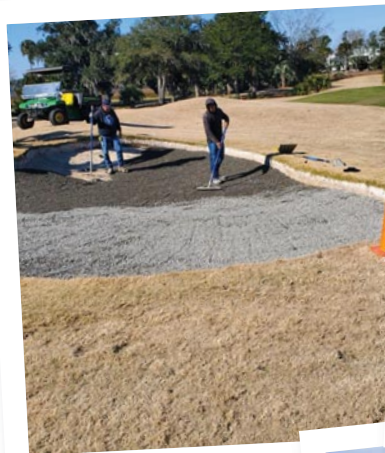
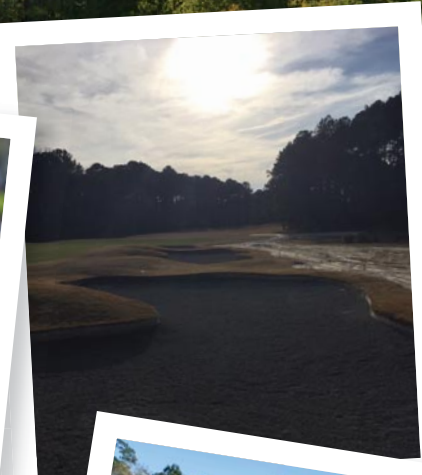
This process will take about three weeks depending on weather and we ask that as you are playing a hole that work is being done on you are aware of workers and play around them safely. We will try our best to not be disruptive to your round.

Please play all bunkers being worked on as "Ground Under Repair" and take a drop outside the bunker with **NO** penalty. Please **YELL FORE** as loudly as you can if your shot is headed towards a worker.

The work being done will greatly improve their playability, their ability to hold up to heavy rains as well as being more consistent day to day.

New Flooring

We are excited to announce new flooring going in at the Golf Clubhouse. The work will take place in February to include composite wood in the restaurant and downstairs hall, new carpet on both stair cases and



new carpet in the upstairs banquet room, bar area, hall and ladies locker room.

Thank you for your patience while work is being done both on the course and in the clubhouse.

More great news to come!



