

August 2020

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

Dinner, 5-8:30 p.m. ■ The Grille Room

Thursday Specials

See the special board for our:

Soup of the Day

\$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

Fried Green Tomato Napoleon

Fried green tomatoes, seared pork belly & pimento cheese drizzled with a sweet chili aioli with fresh arugula, \$9

Entrées

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



■ **Char-Grilled Vegetables**

Zucchini, squash, onion & tomatoes, grilled & served on a bed of herbed couscous, \$12

Add for \$5

- **Chicken Breast:** grilled, fried or blackened
- **Shrimp:** grilled, fried or blackened
- **Salmon:** plain, blackened or bourbon glazed
- **Fried Green Tomatoes**

■ **Chicken Milanese**

Thin pounded chicken cutlet breaded and lightly fried, served on a bed of arugula tossed in EVOO & fresh squeezed lemon, drizzled with balsamic reduction, \$16

■ **Shrimp & Smoked Sausage**

Char-grilled and served on a bed of Charleston red rice, garnished with fresh scallions, \$18

■ **Black & Blue Steak**

Chef's weekly steak selection, dry rubbed with blackened seasoning, topped with bleu cheese crumbles and fried onion rings, with choice of hand cut fries, Charleston red rice or vegetable of the day, market price

Save the Date!

Breakfast

Monday & Tuesday:
Breakfast Sandwiches Only
Wednesday-Sunday, 8-11 a.m.

Sunday Brunch

Sunday, 8 a.m.-12 noon

Lunch

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

Dinner

Thursdays, 5-8:30 p.m.

Fridays

Friday Night Tacos, 5-9 p.m.
Friday Night Food Trucks, 5-8 p.m.

August 4

Folds of Honor

August 21 & 22

2020 Ladies Club Championship

August 22 & 23

2020 Men's Club Championship

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

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Stay Hydrated!

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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

▪ **DW Salad**

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

Add for \$5

- Chicken Breast: grilled, fried or blackened
- Shrimp: grilled, fried or blackened
 - Salmon: plain, blackened or bourbon glazed
 - Fried Green Tomatoes

Kids

Choose one side.

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

**May contain ingredients that are raw or under cooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

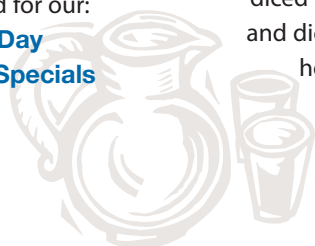
Friday Night Tacos

Dinner, 5-9 p.m. ▪ The Grille Room

Friday Specials

See the special board for our:

- **Soup of the Day**
- **\$20 Wine Bottle Specials**



Specialty Drink:

- Margarita \$9
- Ask your server for the special

Sides

Add to any entrée.

▪ **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing, \$5

▪ **Rice & Beans**, \$4

Appetizer

▪ **Queso Dip**

Tortilla chips & homemade queso dip, \$7

Tacos \$4.50 each

All tacos served in a soft flour tortilla. Substitute a lettuce wrap at no additional charge.

▪ **Carne Asada**

Marinated flank steak thinly sliced with caramelized sweet onions and drizzled with our house queso, topped with house salsa and creamy avocado

▪ **Hawaiian**

Seared, seasoned pork belly, grilled pineapple salsa & sriracha-lime carrot slaw

▪ **Americano**

Ground beef, shredded cheddar, diced tomatoes, shredded lettuce and diced onion, drizzled with our homemade secret sauce

A Note from Linda in Accounting

1 If you plan on moving and canceling your membership, please call Linda at 843-856-9000 before your move. A 30-day written notice is required. Without proper notice, your bill will continue to accrue until we have a written statement of intent to cancel your membership.

2 Please inform us of any personal information changes such as address, phone number, billing information, or email address in order to maintain accurate records for your convenience. Thank you!

EZ-Pay Billing is available for both Athletic and Golf Membership dues. To make monthly payment more convenient, simply provide us with a debit or credit card to automatically bill between the 1st and 5th every month. In order to set up EZ-Pay Billing, please contact Linda Jamison, Office Manager, at 843-856-9000 to set up your EZ-Pay account!

▪ **Buffalo Shrimp**

Fried shrimp tossed in wing sauce, with bleu cheese crumbles, shredded lettuce & diced tomatoes, drizzled with bleu cheese dressing

▪ **Chicken**

Braised, pulled chicken breast, roasted corn, house salsa & queso fresco, topped with fried onion straws

▪ **Taco Bowl**

Rice & beans, shredded cheddar cheese, caramelized onions, roasted corn & house salsa, \$9

Add for \$5

- Shrimp: grilled, fried or blackened
 - Pulled Chicken
 - Salmon: plain, blackened or bourbon-glazed
 - Fried Green Tomatoes

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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

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- Ground Beef
- Seared Pork Belly

■ Taco Salad

Mixed greens, shredded cheddar, caramelized onions, roasted corn, house salsa, fried tortilla strips & Southwestern ranch, \$9

Add for \$5

- Shrimp: grilled, fried or blackened
 - Pulled Chicken
- Salmon: plain, blackened or bourbon glazed
- Fried Green Tomatoes
 - Ground Beef
 - Seared Pork Belly

Kids

Served with tortilla chips & queso.

- Chicken Taco, \$6
 - Beef Taco, \$6
- Cheese Quesadilla, \$6
- Chicken Quesadilla, \$6
- Beef Quesadilla, \$6

Eat at the Club!

The Grille Room Lunch

Lunch served daily, 11 a.m.-3 p.m.
The Grille Room

Baskets

Served with one side.

■ Buffalo Shrimp

Grilled or fried shrimp, tossed in wing sauce served with bleu cheese dressing, \$14

■ Chicken Strips

Grilled strips or fried tenders served with BBQ sauce or honey mustard, \$14

■ Fried Green Tomatoes

with homemade secret sauce, \$14

■ Bacon Ranch Quesadilla

Grilled or fried chicken strips, bacon and cheddar cheese, with ranch dressing, \$14

Sides

- Hand-Cut Fries
 - Tater Tots
 - Onion Rings
 - Kettle Chips
- Sweet Potato Fries

Salads

■ DW Salad

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

■ Grille Room Salad

Romaine lettuce, diced tomatoes,

cucumbers & crumbled bleu cheese, tossed with our homemade mustard vinaigrette, \$9

■ Goat Cheese Salad

Mixed greens, crumbled goat cheese, red onion, cucumbers, diced tomatoes & croutons, drizzled with creamy lemon dill dressing, \$9

■ Caesar Salad

Romaine lettuce, croutons & Parmesan cheese, \$9

Add to any salad for \$5.

- Chicken Breast: grilled, fried or blackened
- Shrimp: grilled, fried or blackened
- Salmon: plain, blackened or bourbon glazed
- Fried Green Tomatoes

Burgers / Sandwiches

Served with one side.

■ The Grille Room Burger

Eight ounce burger, American & cheddar cheese, bacon, pickles, homemade secret sauce, shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$14

■ Patty Melt

Eight ounce burger, American cheese, sautéed onions & diced pickles on buttered & grilled white or wheat bread, \$14

■ Drunken Goat Burger

Eight ounce burger, goat cheese, red wine onions, shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$14

■ The Southern Chicken Sandwich

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Play Golf at
the Club!

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Grilled or fried chicken breast, pimento cheese, pickles, shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$14

▪ **Cranberry Turkey Panini**

Premium sliced turkey, served with smoked gouda & cranberry spread on pressed hoagie, \$14

▪ **Low Country Grilled Cheese**

Pimento cheese, American cheese, fried green tomatoes & bacon on buttered & grilled white or wheat bread, with red pepper jelly, \$14

▪ **BBQ Turkey Melt** with bacon, cheddar, smoked gouda & bourbon bbq sauce on buttered & grilled white or wheat bread, \$14

▪ **Buffalo Shrimp Po' Boy**

Grilled or fried shrimp tossed in wing sauce, bleu cheese crumbles, bleu cheese dressing, shredded lettuce, tomato & onion on a buttered & grilled hoagie, \$14

▪ **Turkey Club**

Premium sliced turkey, cheddar, bacon, lettuce, tomato & mayo with toasted white or wheat bread, \$14

Kids

Served with one side.

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

**May contain ingredients that are raw or under cooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

The Grille Room Breakfast

Breakfast Sandwiches Only

Monday & Tuesday

Breakfast Served

Wednesday-Sunday
8-11 a.m.

Full Breakfast & Brunch

Menu Served Sunday
8 a.m.-12 noon

Brunch Specials

Soup of the Day
Benedict of the Day

Breakfast Sides

- Bacon
- Sausage
 - Grits
- Potatoes
- Tater Tots
- Fresh Fruit
 - One Egg
- White Toast
- Wheat Toast
- English Muffin

Sandwiches

▪ **BYO Egg Sandwich***

Choice of bacon or sausage, American, cheddar or pimento cheese on choice of English muffin, white, wheat or tortilla wrap, \$7

▪ **Southern Breakfast Sandwich***

Fried chicken breast, over easy egg, bacon & pimento cheese on buttered & grilled white or wheat bread, \$9



Grille Room Favorites

▪ **Golfer's Special***

Two eggs with choice of bacon or sausage, potatoes or grits & English muffin, white or wheat toast, \$11

▪ **BYO Omelet***

Three eggs filled with your choice of bacon, sausage, tomatoes, onions, American, smoked Gouda, cheddar, bleu or pimento cheese served with potatoes or grits & English muffin, white or wheat toast, \$12

▪ **Dunes West Frittata***

Eggs baked with potatoes, bacon, sausage, onions, peppers & cheddar cheese served with choice of English muffin, white or wheat toast, \$12

▪ **Big Dog Breakfast***

"Let the Big Dog Eat!" Two eggs, two bacon strips, two sausage patties, two pancakes, with choice of potatoes or grits & English muffin, white or wheat toast, \$12

▪ **Pancakes**

Three buttermilk pancakes with bacon or sausage, \$10

▪ **French Toast** with choice of bacon or sausage, \$10

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Come Swim with Us!

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Sunday Brunch BENES

Served with one breakfast side.

▪ Eggs Benedict*

Grilled ham & two poached eggs on an English muffin with hollandaise, \$14

▪ Salmon Benedict*

Blackened salmon & two poached eggs on an English muffin with hollandaise, \$14

▪ Southern Benedict*

Fried chicken breast, bacon, pimento cheese & two poached eggs on an English muffin with hollandaise, \$14

▪ Benedict Burger*

Eight ounces burger, a poached egg, bacon & hollandaise served on a buttered & grilled brioche bun, \$14

Kids Breakfast

▪ **Pancakes** with bacon or sausage, \$6

▪ **French Toast** with bacon or sausage, \$6

▪ **Two Eggs** with bacon or sausage & English muffin, white or wheat toast, \$6

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Friday Night Food Trucks

Fridays, 5-8 p.m. ▪ Athletic Club

August 7:

Dashi, Asian & Latin Fusion Dishes

August 14:

Squeals on Wheels, Southern BBQ

August 21:

Wally's Gyros, Gyros & Mediterranean Food

August 28: *Madrigal's*,

Latin Cuisine with Tacos

AROUND THE CLUB

Fitness Facilities Updates

A Few Friendly Reminders:

▪ Covid-19 regulations mandate the maximum capacity of gym patrons should not to exceed six at a time. Anyone under 18 years of age is not permitted in the gym without a membership holding adult. Children ages 13-17 may work out with a membership holding adult; children under 13 years of age are not permitted in the fitness facility. Thank you in advance for your cooperation.

▪ Please avoid 'machine hopping' and be sure you are wiping equipment down *every time* you depart equipment **even if you intend to return to said equipment.**

Unfortunately, pull wipes for machines are currently unavailable but we hope to get them soon! For the time being, please continue to use the disinfectant spray and paper towels. Thank you!

Summer Fitness Session

July 7-October 2

To join us for Summer session classes, please email Hannah at hannah.iliff@duneswestgolfclub.com. We look forward to sweating with you!

Unlimited Summer Session

Classes: \$145

Drop-in Class Fee: \$10/class

Monday:

Pilates, 9 a.m.

Tuesday:

Cardio Sculpt, 8:30 a.m.

Wednesday:

Pilates, 9 a.m.

Restorative Yoga, 6:30 p.m.

Thursday:

Cardio Sculpt, 8:30 a.m.

Restorative Yoga, 6:30 p.m.

Friday:

Yoga for You, 9 a.m.

Saturday:

Mat Barre, 8:30 a.m.

2020 Pool Season

Please continue to inform us when bringing guests to the pool in order

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Michael Zavada



Anna Johnson

Hole-in-One

Anna Johnson

Hole #6 ■ 104 Yards ■ 8-Iron

June 25, 2020

Witnesses: Hilda Rose,
Iris Whittaker, Chris Zavada

Michael Zavada

Hole#12 ■ 115 Yards ■ 9-Iron

June, 13 2020

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to make signing in more convenient. If you have lost your pool access swipe cards or they are not functioning properly, email Hannah at hannah.iliff@duneswestgolfclub.com for assistance.

We greatly appreciate the level of patience and understanding demonstrated while we navigate the new, and often unpredictable, Covid-19 regulations and guidelines put in place. Please keep the following regulations in mind:

- You may bring your own chairs as Club pool deck chairs are currently unavailable.
- Pool floats are permitted, but may only hold one person at a time.
- Shade devices such as umbrellas or tents are not permitted.

GOLF NEWS

2020 Men's Club Championship

August 22 & 23

■ 3 Flights:

Champ – Net(Gold) – Senior:

Champ – Black Tees (Gross)

Net Gold– Gold Tees (80% Hdcp)

Senior – 50 & older – Gold Tees (Gross)

- Closest-to-the-Pins / Day Skins (Net Sat, Gross Sun)
 - Sunday Awards Lunch
 - \$85 + Cart fees/ \$5/day skins
- **Deadline:** Tuesday, August 17 @ 12 p.m.
- Handicaps as of August 17 for net play.

Sign up in the Pro Shop.

2020 Ladies Club Championship

Friday-Saturday, August 21 & 22

Friday Start, 7:15 a.m.

Saturday Start, 8:45 a.m. EST

- Lunch & Awards Saturday
- Prizes: Overall Gross & Net Winner & Flight Winners (Flights based on field size & handicaps)
- Overall Club Champion Wins: Trophy / Parking Space / Gift Certificate / Round Cards
- Closest-to-the-Pins Each Day

\$55 + Cart fees

Open to all Dunes West Members

Sign up in the Pro Shop

Deadline: Tuesday, August 17

@ 12 p.m.

Handicaps as of August 17 for net play.

Folds of Honor

Tuesday, August 4

Dunes West Family –

Thank you always for your support! It's Folds of Honor time again this year and my goal is to play **250 plus holes** to raise money and awareness for those soldiers and their families who have made the ultimate sacrifice. Thank you always for your support!

"Together we are Stronger"

Donate Online

Check emails and click <**DONATE**> or

Make checks payable to:

Folds of Honor

Mail or drop off at

Dunes West Golf & River Club

Attention:

Richard Rankin Folds of Honor

3535 Wando Plantation Way

Mt. Pleasant, SC 29466

Thank you in advance

for your support.

August

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



It's the season for golf!

1

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 9:30-9:48
Mat Barre, 8:30 a.m.

2

MGA, 7:15-7:42

4

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

5

SMGA, 8:18-9:12
LGA 9 & Lunch, 9:39-10:24
Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

6

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.
Thursday Dinner – RSVPs 843-856-9378

7

SMGA, 8:18-9:12
LGA, 7:33-8:09
Yoga for You, 9 a.m.
Friday Night Tacos RSVPs 843-856-9378

8

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 9:30-9:48
Mat Barre, 8:30 a.m.

9

MGA, 7:15-7:42



10

SMGA, 8:18-9:12
LGA, 7:33-8:09
Pilates, 9 a.m.

11

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers, 3:30
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

12

SMGA, 8:18-9:12
LGA 9 & Lunch, 9:39-10:24
Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

13

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Thursday Dinner – RSVPs 843-856-9378

14

SMGA Chapman, 8:18-9:39
LGA, 7:33-8:09
Friday Night Tacos RSVPs 843-856-9378

15

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 9:30-9:48
Mat Barre, 8:30 a.m.

16

MGA, 7:15-7:42

17

SMGA, 8:18-9:12
LGA, 7:33-8:09
Pilates, 9 a.m.

18

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers, 3:30
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

19

SMGA, 8:18-9:12
LGA 9 & Lunch, 9:39-10:24
Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

20

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Thursday Dinner – RSVPs 843-856-9378

21

SMGA, 8:18-9:12
Ladies Club Championship, 7:15-8:09
Yoga for You, 9 a.m.
Friday Night Tacos RSVPs 843-856-9378

22

Mens Club Championship, 7:15-8:27
Ladies Club Championship, 8:30-9:30
Mat Barre, 8:30 a.m.

23

Mens Club Championship, 7:15-8:45

24

SMGA, 8:18-9:12
LGA, 7:33-8:09
Pilates, 9 a.m.

25

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Hackers, 3:30
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

26

SMGA, 8:18-9:12
LGA 9 & Lunch, 9:39-10:24
Pilates, 9 a.m.,
Restorative Yoga, 6:30 p.m.

27

LGA, 7:42-8:27
SLIP, 9:03-9:21
GOB, 9:30-9:57
Cardio Sculpt, 8:30 a.m.
Thursday Dinner – RSVPs 843-856-9378

28

SMGA, 8:18-9:12
LGA, 7:33-8:09
Yoga for You, 9 a.m.
Friday Night Tacos RSVPs 843-856-9378

29

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 9:30-9:48
Mat Barre, 8:30 a.m.

30

MGA, 7:15-7:42

31

SMGA, 8:18-9:12
LGA, 7:33-8:09
Pilates, 9 a.m.

