

MARCH 2023



Pro Shop  
843-856-9000

Grille  
843-856-9378

Athletic Club  
843-856-9000 ext. 4

duneswestgolfclub.com

*Join us!*

### Breakfast

Monday-Friday,  
8-11AM

Saturday & Sunday,  
8AM-Noon

### Lunch

Daily,  
11AM-3PM

### Dinner

Thursdays,  
5-8PM

Wednesday Buffet,  
5-8PM

Sunday Buffet Brunch,  
10AM-3PM RSVP  
843-856-9378 ext. 7

# Dunes West

GOLF & RIVER CLUB

*this month*

## Sound Bath

Every Other Friday ● 9:30AM  
March 10 & 24

Dunes West Athletic Club is so excited to announce we are adding Sound Bath to our Group Fitness schedule. It will replace the Yin Class. If you have paid for the three months, this is included. Drop-ins will be \$15 for this class.

## Egg Hunt Volunteers

Saturday, April 1 ● 10AM

Easter Egg hunt being put on with the club and our Dunes West Social Committee at the Athletic Club. It takes a village to stuff and put out 2500 eggs! If you would like to volunteer to be part of this, contact Jenn Devaney [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).



## New 2023 Season Announcement

We will be continuing to book Food trucks for the Athletic club every Friday, but are excited to announce that the Dunes West Social Committee will be joining us every second Friday to add live music and an activity for the littles. We will also have the beverage cart to offer drinks for purchase. **Our first on will be March 10.** Keep your eye out for the entire schedule for the food trucks and the booked artists.



## St. Patrick's Day Tennis Social

Saturday, March 11 ● 12-2:30PM

You need to wear green for this event. Join us for this annual social. We will supply the adult beverages. Bring their favorite casserole dish to share. Please text Jack at 843-345-2995 to let him know what you will be bringing. Prizes will be given out at the end of the social. Cost is \$15 per person. Sign up by logging into your account and clicking on events then click register to sign up. **Deadline to sign up is March 9.** We look forward to seeing everyone out for this fun event.

*around the club*

## The Grille Breakfast Menu

Monday – Friday, 8-11AM  
Saturday, 8AM-12PM

### ● BYO Egg Sandwich\*

Swiss, American, Cheddar, Havarti or Provolone cheese, on English muffin, white, wheat or tortilla wrap, \$7

### ● Big Dog Breakfast\*

**"Let the Big Dog Eat!"**

Two eggs, two bacon strips, two sausage patties, two pancakes, breakfast potatoes, \$12

# Member Discount Days in March

For the entire month of March, we will offer the following discounts to **members only!** Discounts listed below are valid with the purchase of an adult breakfast or lunch **entrée**:

## Mondays

**Free Coffee, Tea or Fountain Drink**

## Tuesdays

**\$2 Domestic Beer or Yuengling Draft**

## Wednesdays

**\$3 Glass of House Wine**

## Thursdays

**\$4 House Liquor Drink**

## Fridays

**\$3 Mimosa or \$4 Bloody Mary**

*\*Entrée is a salad, sandwich, basket or breakfast plate.*

*\*\*Discounts not valid with Soup, Grab & Go menu items or kids meals. Limit two discounted drinks per entrée purchased.*



*Man Cave Tasting!*



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### ● Dunes West Frittata\*

Eggs baked with potatoes, bacon, sausage, caramelized onions, Cheddar cheese and English muffin, white or wheat toast, \$12

### ● Golfer's Special\*

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

### ● BYO Omelet\*

Three eggs filled with your choice of ham, bacon, sausage, tomatoes, onions, scallions, Swiss, American, Cheddar, Havarti or Provolone cheese, with breakfast potatoes and English muffin, white or wheat toast, \$12

● **Buttermilk Pancakes** with choice of bacon or sausage, \$10

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

## Sides

- Bacon ● Sausage ● White or Wheat Bread
- English Muffin ● Hand-Cut Potatoes
- Grits (*Saturday only.*)

## Kids

- **Egg Sandwich\*** with American cheese on an English muffin, \$6
- **One Egg & Toast,\*** \$6
- **One Buttermilk Pancake** with choice of bacon or sausage, \$6

## Saturday Additions

**Saturday, 8AM-12PM**

### ● Eggs Benedict\*

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

### ● Sunrise Burger\*

Half Pound Char-Grilled Angus Beef, with Swiss, American, Cheddar, Havarti or Provolone cheese, two slices of bacon & a sunny-side egg, with Bibb lettuce, tomato, onion, pickle, Brioche bun, \$16

# The Grille Lunch Menu

11AM-3PM Daily

## SOUP & SALAD

● **Soup of the Day**, Cup \$6 • Bowl \$9

### ● House Salad

Mesclun greens, grape tomatoes, carrot, English cucumber, shaved red onion, shredded cheddar cheese, choice of dressing, \$10

### ● Golden Beet Salad

Mesclun greens, shaved red onion, Gorgonzola, toasted pecans, white balsamic vinaigrette, \$13

### ● Dunes West Salad

Greens, bleu cheese crumbles, dried cranberries, candied walnuts, Mandarin oranges, shaved red onion, raspberry vinaigrette, \$11

### ● Caesar Salad

Chopped Romaine hearts, Parmesan cheese, creamy Caesar dressing, herbed croutons, \$11

### Add to any Salad:

Grilled, Blackened or Fried Chicken, \$5,  
Grilled, Blackened or Fried Shrimp, \$6,  
Grilled or Blackened Salmon, \$7

*Dressings: Honey Mustard, Italian, White Balsamic Vinaigrette, Ranch, Bleu Cheese, Raspberry Vinaigrette or Mustard Vinaigrette*

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

## BASKETS

*With choice of one side.*

### ● **Chicken Wings**

Seven wings tossed in Buffalo, BBQ, Thai sweet chili sauce or dry rub, with celery, carrot, bleu cheese or Ranch dressing, \$14

### ● **Chicken Tenders**

Tossed in Buffalo, BBQ or Bang-Bang sauce, \$14

### ● **Fried Shrimp**

Tossed in Buffalo, BBQ or Bang-Bang sauce, \$14

### ● **Loaded Fries or Tots**

Pepper Jack, queso, bacon, Ranch & scallions, \$10

## WRAPS

### ● **Veggie**

Charred cauliflower, roasted garlic hummus, roasted red pepper, greens, Thai sweet chili, \$14

### ● **Chicken Salad**

Mesclun greens & tomato, \$14

### ● **Chicken Bacon Ranch**

Oven-roasted chicken breast, Mesclun greens, bacon, shredded Cheddar, tomato & Ranch dressing, \$14

### ● **Chicken Caesar**

Romaine hearts, shredded Parmesan, roasted chicken breast, creamy Caesar dressing, \$14

## SIDES

Hand-Cut Fries ● Tater Tots  
Sweet Potato Fries ● Onion Rings

## KIDS MENU

*Served with fries (12 years of age & under only).*

Chicken Fingers ● Cheeseburger  
Cheese Quesadilla ● Grilled Cheese, \$6

## SANDWICHES

*Served with choice of side.*

### ● **Grille Room Burger\*\***

Half-pound char-grilled Angus beef, with Swiss, American, Cheddar, Havarti, Provolone or Queso. Bibb lettuce, tomato, onion, pickle, Brioche bun, \$15.  
*Add Bacon .75¢*

### ● **Chicken Sandwich**

Grilled or Fried, Swiss, American, Cheddar, Havarti or Provolone cheese, lettuce, pickle, tomato, brioche bun, \$15

### ● **Steak & Queso Melt**

Shaved sirloin, queso cheese, caramelized onions, house steak sauce, brioche bun, \$15

### ● **Shrimp Po' Boy**

Bibb lettuce, tomato, rémoulade, hoagie roll, \$15

### ● **Italian Beef Sandwich**

Shaved sirloin, Provolone cheese, sweet Giardiniera, Hoagie roll, au jus on the side, \$15. *Add pickled jalapeños, \$1*

### ● **Reuben**

Corned beef or turkey, with Swiss, sauerkraut & 1000 Island dressing, on black rye, \$15

### ● **The Golf Club**

Ham, turkey, bacon, lettuce, tomato, Cheddar, on toasted white or wheat toast, \$15

### ● **Beyond Burger**

Plant-based burger, vegan Cheddar, lettuce, pickle, tomato, on a vegan bun, \$15



## Pool Update

All pools at the Dunes West Athletic Club will re-open on April 1.

## Thursday Dinner

The Grille Room ● Dinner, 5-8PM

## THURSDAY SPECIALS

See the special board for our: \$25 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

### **Southern-Style Potato Skins**

with pimento cheese, bacon & scallion sour cream, \$10

## ENTRÉES

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

### ● **Hunter's Chicken**

Slow-cooked, bone-in chicken in a tomato, mushroom broth, on a bed of mashed potatoes with peas & onions, \$18

### ● **Fish & Chips**

Beer-battered white fish, hand-cut fries & homemade Tartar sauce, \$19

### ● **Cajun Mac & Cheese**

Baked with Andouille sausage, bell peppers, onions & our homemade 3-cheese sauce, \$19

● **Prime Rib** with au jus, mashed potatoes and peas & onions  
8 oz. Queen-Cut, \$21  
12 oz. King-Cut, \$25

## Gym Reminders

- **MUST** be 18 or older to workout in our gym without a parent. No kids under 13 can be in there without a parent.
- Please be respectful of others by wiping down mats, equipment, and cardio machines after use. Replace weights to their designated spots and remove your weights from equipment after use. Thank you for not hogging a piece of equipment and scroll on phones between set when it's busy. Always assume someone might want to use it too.



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## SALADS & SANDWICHES

### ● Burger\*

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

### ● 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, \$18



## KIDS

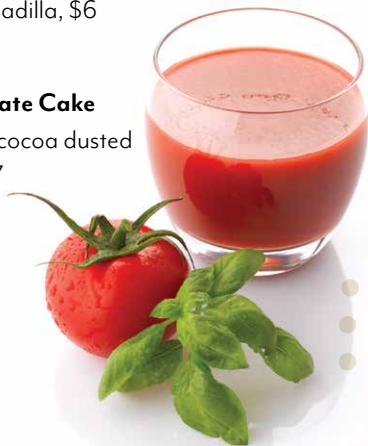
Choose one side.

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

## DESSERT

### Double Chocolate Cake

Sheet cake with cocoa dusted maple cream, \$7



## Wednesday Buffet Dinner

The Grille ● Dinner, 5-8PM  
Reservations Strongly Recommended  
843-856-9378  
Adults, \$20 ● Kids (11 & under), \$10

## MENU

The menu will change each week and will always feature:

Salad ● Bread ● Two or Three Entrée Selections ● Dessert

Look for an email on the Monday before, for the Chef's selections

## WINE

See the special board for our:  
\$25 Wine Bottle Specials

## Children's Menu

12 & under. Includes a side of tater tots.

- Chicken Fingers, \$6
- Cheeseburger, \$6
- Cheese Quesadilla, \$6
- Grilled Cheese, \$6

## Sunday Brunch

Sundays ● 10AM-2PM  
Adults, \$17 ● Kids, \$9 (12 & Under)  
Call for reservations,  
843-856-9000 ext. 7.

## Buffet Menu

The following Items will be available **every** week:

- Assorted Muffins & Pastries
- Fresh Fruit & Yogurt Bar
- Scrambled Eggs with Cheese
- Biscuits & Gravy
- Applewood Smoked Bacon
- Breakfast Sausage Patties & Links



## golf news

## Hole-in-One

### John Fava

February 8 ● Hole #8 ● 130 yards  
8-Iron ● Witness: Tom Montesi,  
Steve Livell, Jim Belcher

### Brian Wright

January 21 ● Hole #8 ● 172 Yards  
6-Iron ● Witness: Kevin Swiantek

- Fried Potatoes, Peppers & Onions
- Mixed Green Salad
- Shrimp & Grits

## Chef Selected Action Stations

The Chef will **rotate** one or two of the following additional items each week:

- Seafood Station
- Premium Sliced Meats: Including Sirloin, Ham, Turkey, Pork Loin
- Pancakes: Cooked to order, with Assorted Toppings
- Smothered Breakfast Burritos
- Fried Chicken & Waffles
- Breakfast Taco Bar
- Breakfast Bowls
- Just to name a few!

## Bloody Mary Bar

Sunday, 10AM – 3PM

Order your liquor of choice, and build your own Bloody Mary with a variety of fixin's.



Sunday

Wednesday

Thursday

Friday

Saturday

1

SMGA, 9:21-10:33  
LGA, 10:42-11:27  
Vinyasa, 7AM  
Pilates, 9AM  
Restorative, 6:30PM  
Wednesday Buffet  
Dinner 5-8PM RSVPs  
Recommended  
843-856-9378

2

LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Guts n' Butts, 11:30AM  
Restorative, 6:30PM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

3

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body,  
7AM

4

MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB,  
10:06-10:33  
Vinyasa, 9:15AM

8

SMGA, 9:21-10:33  
LGA, 10:42-11:27  
Vinyasa, 7AM  
Pilates, 9AM  
Restorative, 6:30PM  
Wednesday Buffet Dinner  
5-8PM RSVPs  
Recommended  
843-856-9378

9

LGA, 8:18-9:30  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Guts n' Butts, 11:30AM  
Restorative, 6:30PM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

10

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Sound Bath,  
9:30AM

11

MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB,  
10:06-10:33  
Vinyasa, 9:15AM

12

MGA, 7:15-7:42  
Chisel, 8AM  
Sunday Brunch Buffet,  
10AM - 3PM RSVP  
843-856-9378 ext. 7

13

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

14

LGA, 8:09-8:54  
SLIP, 9:39-9:57  
GOB,  
10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Restorative,  
6:30PM

15

SMGA Member Member,  
8-9:21, 1:06-2:27  
LGA, 9:30-10:15  
Vinyasa, 7AM  
Pilates, 9AM  
Restorative, 6:30PM  
Wednesday Buffet Dinner  
5-8PM RSVPs  
Recommended  
843-856-9378

16

LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Guts n' Butts, 11:30AM  
Restorative, 6:30PM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

17

SMGA  
Member Member,  
8:18-9:39  
LGA, 7:51-8:09  
Total Body, 7AM

18

MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB,  
10:06-10:33  
Vinyasa, 9:15AM

*Daylight  
Saving Time  
Starts*

*St. Patrick's  
Day*

19

MGA,  
7:15-7:42  
Chisel, 8AM  
Sunday Brunch Buffet,  
10AM - 3PM RSVP  
843-856-9378 ext. 7

20

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

21

LGA, 8:09-8:54  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Restorative,  
6:30PM

22

Trident Medical, 9:30  
Tee Open, 2PM  
Vinyasa, 7AM  
Pilates, 9AM  
Restorative, 6:30PM  
Wednesday Buffet Dinner  
5-8PM RSVPs  
Recommended  
843-856-9378

23

LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Guts n' Butts, 11:30AM  
Restorative, 6:30PM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

24

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Sound Bath,  
9:30AM

25

The Hicksy, 8AM  
LGA, 10:24-10:33  
GOB, 11:18-11:45  
Vinyasa, 9:15AM

26

The Hicksy,  
8AM  
Chisel, 8AM  
Sunday Brunch Buffet,  
10AM - 3PM RSVP  
843-856-9378 ext. 7

27

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

28

LGA,  
8:09-8:54  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Restorative,  
6:30PM

29

Christ Our King AM  
Tee open, 2:09PM  
Vinyasa, 7AM  
Pilates, 9AM  
Restorative, 6:30PM  
Wednesday Buffet Dinner  
5-8PM RSVPs  
Recommended  
843-856-9378

30

LGA, 8:09-9:30  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Sculpt, 8:30AM  
Guts n' Butts, 11:30AM  
Restorative, 6:30PM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

31

SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM

