



DINNER MENU



A word about our Peak Performance menu items...

The Crystal Mountain culinary team is dedicated to providing healthy and tasteful dishes that are prepared from the freshest and least processed ingredients available. These innovative dishes offer an ideal dietary balance of healthy fats, carbohydrates, and lean protein prepared in lighter portion sizes.

TASTE THE LOCAL DIFFERENCE

Thousands of miles fresher!

The Crystal Mountain culinary team has partnered with local farmers, wineries, breweries, and businesses to provide our customers with the freshest, most flavorful produce as well as other great Michigan products. We believe it's important to support small, local economies as well as promote the environmental benefits of reduced food transportation miles.

STARTERS



Mango Shrimp Cocktail

Char-grilled jumbo tiger shrimp with tropical mango-pineapple citrus salsa
\$8.95

Margarita Flatbread

Fresh buffalo mozzarella, spicy marinara, roasted tomatoes, fresh basil, Parmesan cheese
\$9.95

Thai Dragon Rolls

Green curry and ginger-spiced shrimp and pork sausage in crisp wonton, sweet chili dipping sauce
\$7.95

Red Bliss Potato Skins

Crisp redskin potatoes stuffed with bacon, sharp cheddar, scallions, and sour cream
\$6.95

Buffalo Chicken Wings

Fresh celery and blue cheese dressing
\$9.95/ten wings

Grilled Chicken Quesadilla

Monterey Jack cheese, caramelized bell peppers and onions, grilled chicken, pico de gallo, sour cream
\$7.95

SOUP & SALADS

Our house dressings include: peppercorn ranch, sweet and sour vinaigrette, classic Caesar, blue cheese, French, fat-free Italian, and fat-free cherry vinaigrette.
With the purchase of an entrée, choose any of the following side salads for \$3.

Soup of the Day

Freshly prepared daily
cup \$3.95, bowl \$4.95

Sirloin Chili

Our famous spicy chili topped with sour cream, fresh salsa, and shredded cheddar cheese
cup \$4.50, bowl \$5.95



Market Salad

Mixed greens, grape tomatoes, cucumbers, carrots, choice of dressing
side \$5 / entrée \$10

Baby Spinach

Blue cheese, red onion, apple, walnuts, crisp bacon, sweet and sour vinaigrette
side \$5 / entrée \$10

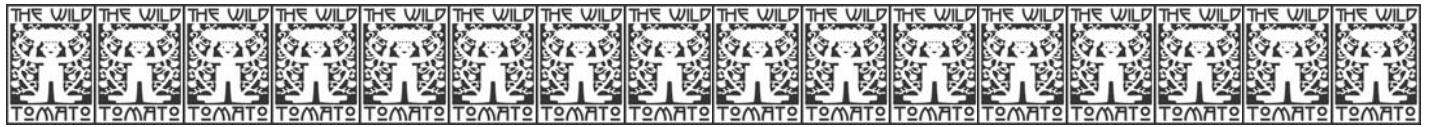


Classic Caesar

Crisp romaine, Parmesan cheese, garlic croutons, Caesar dressing
side \$5 / entrée \$10...add grilled chicken \$3 or grilled salmon or shrimp \$5

Wedge Salad

Crisp iceberg, ripe tomatoes, red onions, blue cheese, crisp bacon, choice of dressing
side \$5 / entrée \$10



ENTRÉES

Served with fresh homemade bread, sweet cream butter, and fresh seasonal vegetables.

Olive Oil Poached Salmon

Pan-seared Atlantic salmon poached in extra virgin olive oil, orecchiette pasta sautéed in extra virgin, Spanish artichokes, roasted tomatoes, red pepper flake, Parmesan cheese, and fresh lemon \$17.95

Chicken Piccata

Sautéed breast of chicken, lemon, capers, parsley and sweet cream butter, linguini \$14.95

Three Cheese Stuffed Giant Shells

Parmesan, ricotta, and mozzarella stuffed shells with spicy marinara, sliced tomato-basil Caprese with buffalo mozzarella and drizzled with extra virgin olive oil \$14.95

Shrimp Étouffée

Pan-seared jumbo tiger shrimp, andouille sausage, tomatoes, okra, Creole sauce, brown rice \$16.95



Mahi Fish Tacos

A blackened or grilled mahi mahi filet served with crisp shredded romaine, fresh pico de gallo, brown rice, shredded cheddar, sour cream, and soft flour tortillas \$15.95

Grilled Ribeye Steak*

Black pepper and garlic-crusted ribeye steak char-grilled to order, sautéed button mushrooms with garlic and red wine, crispy onions, oven-roasted new potatoes \$21.95

Baby Back Ribs

Slow roasted and slathered with our house barbecue sauce, oven-roasted new potatoes \$21.95 full rack...\$17.95 half rack

Eggplant Parmesan

Crispy panko-breaded eggplant, roasted tomatoes, melted buffalo mozzarella, spicy marinara, linguini \$13.95

Braised Beef & Winter Vegetable Pot Roast

Served with a burgundy wine sauce, roasted winter vegetables, oven-roasted new potatoes \$14.95

Fish & Chips

Beer-battered perch, French fries, coleslaw, fresh lemon, roasted red pepper rémoulade \$14.95

SANDWICHES

Sandwiches are served with our house fried and seasoned potato chips. Substitute fries or onion rings for \$2.75.

The Mountain Burger*

Eight ounces of freshly ground beef, seasoned and grilled to order, served on a whole-wheat Kaiser with lettuce, tomato, red onion, and sliced pickles \$8.95

Add any of the following toppings for \$.75 each:

Bacon	Cheddar Cheese
Blue Cheese	Grilled Onions
American Cheese	Green Olives
Swiss Cheese	Jalapenos
Provolone Cheese	

Pot Roast Sandwich

Tender braised beef served on a homemade roll with sautéed mushrooms and onions, horseradish aioli \$7.95

Reuben

Shaved corned beef piled high with sauerkraut, melted Swiss, and Thousand Island dressing on grilled rye \$8.95

Rachel

Smoked turkey, sauerkraut, melted Swiss, and Thousand Island dressing on grilled rye \$8.95

Crispy Buffalo Chicken Wrap

Crispy chicken tossed in spicy buffalo sauce, crisp romaine, tomatoes, and crumbled blue cheese and ranch dressing in a tomato tortilla wrap \$8.95

Grilled Chicken Club Croissant

Char-grilled breast of chicken, crisp bacon, lettuce, tomato, and mayonnaise on a buttery croissant \$8.95



Asian Turkey Burger

Green curry and ginger-spiced ground turkey burger with lettuce, tomato, red onion, and sliced pickles served open-faced on a sesame-seed bun with sweet chili aioli sauce and a side of fresh fruit \$9.95



Black Bean Veggie Burger

Our house-made black bean veggie patty with lettuce, tomato, red onion, and sliced pickles served open-faced on a toasted sesame-seed bun with a side of fresh fruit \$9.95

Philly Cheese Burger*

A half pound of freshly ground beef grilled to order and served with caramelized peppers and onions, melted Swiss cheese, lettuce, tomato, red onion, and sliced pickles served open-faced on a toasted sesame-seed bun \$9.95

Chicken Finger Basket

Crispy chicken tenders and fries served with ranch dip \$8.95

*Item may be cooked to order. The consumption of raw or undercooked meats and seafood may increase the chance of food-borne illnesses. For your convenience, an 18% gratuity will be added for parties of eight or more.