



Tips from your Culinary Marina Inn Staff

You may choose one of our lunch boxes to better prepare you for a positive mental and physical round of golf. How often do you think about what you'll be eating? Our Culinary staff has designed menu choices to prepare you for your golf game. What you eat and drink can have a tremendous impact on your game. Water is the absolute best drink choice. Gatorade is also a great alternative. Fresh fruits and veggies are great sources of energy. Sandwiches and wraps are convenient and nutritious and offers balanced carbs, proteins and good fats.



Golf Package

Lunch Box

18.00++ per person

ROAST BEEF AND SMOKED CHEDDAR

Lettuce, Tomato, Horseradish Mustard on Pumpnickel Bread

or

SMOKED TURKEY AND BACON

Curry Mayonette, Lettuce, Tomato and Red Onions

or

SUGAR CURED VIRGINIA HAM

Whole Grain Mustard, Swiss Cheese,
Lettuce and Cured Tomato

or

GRILLED CHICKEN

Sundried Tomato Pesto, Lettuce, Tomato,
Provolone Cheese, Pickled Onions and Roasted Peppers on

or

TUNA SALAD

Freshly cut celery, onion, Dijonnaise, lettuce, tomato
and cheddar cheese

Include Gatorade or Powerade for \$3.00++

All lunch boxes include

*Chef's Choice of Salad, Seasonal Raw Vegetable or Potato Chips, Health Bar
and a Seasonal Fresh Fruit*

Limit 2 choices per day. Each lunch box will contain one choice of sandwich; fresh seasonal fruit ; Seasonal Raw Vegetable or Potato Chips, a granola bar and a bottled water . Selection is made with your choice of whole grain bread or whole wheat bread sandwich or garlic herbs tortilla wrap. Accompaniments are included in each box. Final number of sandwich choices counts must be communicated to your catering manager 72 hours prior .

Breakfasts Boxes are for Grab & Go purposes only and cannot be a dining choice in the restaurant or banquet room.

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++ Please add 22% service charge and applicable taxes