

FROM THE DESK OF THE GENERAL MANAGER

Dear BHCC Members:

We have kicked off 2021 with a BANG! Most of the banging has come from all the projects we have going on inside the Pro Shop and Men's Locker Room. Our Pro Shop and snack bar areas have undergone a significant facelift including new cabinetry, countertops, displays and a new and brighter paint scheme. Our Men's Locker Room has also received a fresh coat of paint and new flooring materials are currently being installed. The BHCC staff and I are very excited about all the many improvements we continue to make throughout our club. We hope that you are soon able to stop in and enjoy those improvements.

While we are all looking forward to warmer temperatures and the return of members to our pool, golf course and tennis courts, we understand that most of us are still stuck inside waiting out the rest of winter. One way of lifting your spirits is with a great tasting meal from the Club. Our kitchen is open and accepting takeout orders. We can even round off your meal with one of our great wine selections! Just call 304-744-1393 extension 205 and let us do all the cooking for you.

We hope to see you at your club soon.

Best regards Brandie Thomas General Manager



BOARD OF DIRECTORS



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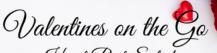
Cephas Evans

Jason Chipps

Bob Pollitt
Pool & Racquets







Hearl Beel Salad Mixed Greens with Marinated Artic<mark>hat</mark>e Hearls, Hearls of Palm, Beels, and Feta on Grilled Romaine Hearl Raspberry Vinaigrette

Duel of Cerlified Angus Filel & Maryland Crab Cake accompanied by Dauphinoise Patatoes and Mixed Vegetable Medley

Red Velvel Cup Cakes Topped with Chocolate Butter Cream and Chocolate Dipped Strawberries \$50 per person

***Available for Dine in or Pick Up on Saturday, February 13th



White Haven Sauvignon Blanc New Zealand

\$15

Sonoma-Cutrer Russian River Chardonnay

\$23

Emmolo Napa Valley Merlot by Caymus Family

\$30

Ferrari Carano Cabernet Alexander Valley

\$25

Castle Rock Pinot Noir Mendocino County

\$15





Please call (304) 744-1393 x205

Reservations are a must





Wine of the Wonth

\$18





From the Chef

Oh baby! Its cold outside. Soups are a great way to warm your body's core temperature up. They can also give you that much needed boost to get through the day. Here is a simple, healthy, and warming soup to get you going.

Red Lentil and Butternut Squash Curry Soup

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 clove garlic, chopped.
- 2 cups dry red lentils
- 2 cups butternut squash, peeled, seeded and cubed into 1/2 inch pieces
- 4 cups reduced sodium or no-salt-added chicken stock or broth
- 1 14 oz can lower fat, unsweetened coconut milk
- 1 15 oz can diced, no-salt-added tomatoes
- 1 tablespoon curry powder
- 1 pinch cayenne pepper
- 5 oz chopped spinach drained if frozen
- Salt and pepper to taste



Heat oil in a Dutch oven or large skillet over medium heat until it simmers. Add onion and cook until tender. Add garlic after onion is tender and cook for an additional 30 seconds.

Stir in remaining ingredients. Cover and bring ingredients to a boil. Reduce the heat to low and simmer for about 15 minutes or until the squash and lentils are tender.

Add the drained chopped spinach and stir. When soup is brought back to a simmer, remove from heat and add the salt and pepper as needed. Enjoy on a cold day!



Chicken Wings, Boneless or Bone-in ~8 half order ~12 full order

Roasted Eggplant Dip served with Pita Chips

~Salads~

Eggplant Roasted Tomato Farro Salad

Cherry Tomatoes, Eggplant, Olive Oil, Farro, Chickpeas, Garlic, & Pine Nuts, Nestled on a Bed of Spring mix, Fresh Basil, & Sherry Vinegar ~10 half ~13 full low carb/vegetarian

Pecan Salad

Sun dried Cherries, Cranberries, soft Goat Cheese, & Candy Pecans
~10 half and ~13 full low carb/vegetarian

South West Cobb Salad

Blue Cheese, Spring Mix, Egg, Avocado, Bacon bits, Red Onion, Tomatoes Grilled Chicken & Southwest Blu Cheese Dressing ~14 low carb

Blacken Chicken Caesar Salad

with House made Caesar Dressing ~10 half ~13 full

Greek Salad

Mixed greens, cucumbers, red onion, roasted tomatoes, Pepperoncini, kalamata olives, feta ~10 half ~13 full

~Sandwiches~

Include Choice of French Fries,
Onion Rings or House Chips. All Sandwiches are
available as a wrap.
Fresh Seasonal Fruit may be added 1~

Yuengling Cod Po Boy Beer Battered Cod Fillet

Beer Battered Cod Fillet
Shredded Lettuce, Spicy Tartar Sauce on Hoagie Roll
~14

Double Club

Turkey, Ham, Bacon, Lettuce, Tomato & Mayo on your choice of Bread ~13

Reuben or Rachel

Corned Beef Or Grilled Turkey with Swiss Cheese, Sauerkraut, Thousand Island Dressing. Served on Grilled Rye Bread ~14

Bombay Burrito (BHCC Frankie)

Curried Cauliflower, Spinach, Chick Peas, Pickled Onions, Cilantro Mint Chutney, Grilled Flour Tortilla ~12 low carb/vegetarian

Classic BHCC Burger

8oz Burger cooked to perfection served with Lettuce,
Tomato,
Onion & Pickle.
House Chips
~13

Monte Cristo

Ham, Turkey, Gouda Cheese fried served with Black berry Melba sauce

French Dip

Shaved NY Strip, Horseradish Cream, Caramelized Onions, Swiss Cheese on Hoagie Served with Mixed Vegetables & Rice Pilaf

~16

Entrees

6oz Certified Angus Filet

House Seasoned to perfection served with choice of Potato & Chef selection of seasonal vegetable

Maryland Crab Cake

Comes with Remoulade Served with Vegetables & Rice Pilaf ~28

Fresh Mahi Mahi Fish Taco

Pico de Gallo & Mexican Salad ~12 low carb

Thai Chili Chicken

Marinated and Grilled Chicken Thighs, Spaghetti cut Vegetables, Lo Mein Noodles Tossed Thai Chili Pan Sauce

Ginger Soy Chili glazed Salmon

Vegetable du jour and Rice du jour ~28

Blackened Grouper

Cajun Remoulade, Rice du jour, Southern Kale with Bacon and Onions ~28

Eggplant Parmesan

Layered Eggplant with spicy Marinara Sauce served with fresh Mozzarella ~16 vegetarian

Smoked Tomato Cavatappi

Spinach, Brussel Sprout, Onion, Kalamata Olives, Yellow Peppers, Cavatappi Pasta tossed in a Smoked Tomato Sauce, Topped with an Aged White Cheddar Gratinee ~14 vegetarian

add Chicken ~6 add Salmon ~9 add Shrimp ~9

Entrees continued

Lamb Shank

Basted with Mint Rosemary demi glace Served with herbed Mushroom Risotto ~36

Porcini and Truffle Ravioli

Raviolis stuffed with Porcini, Truffle mushrooms, and fresh herbs tossed with asparagus and roasted tomato in a shallot cream sauce.

~16

Desserts **Chocolate Layer Cake with Chocolate Drizzle**

NY Cheese Cake with Fresh Berry topping

Dessert of the Month

Cashew Cherry Crème Brulee

Cherries & Cashew Custard with Caramelized Sugar ~8

Wednesday Night

Happy Hour Specials

Thursday Night Family Night Specials

Friday Night Burger's & Brew's



From the Pro

Breed's Monthly Update

Book Swings

This activity is helping you develop the proper golf grip with palms facing each other.

This drill helps to create a proper grip, simply select the book of your choice hold the book between your palms and make some nice slow smooth swings. This drill helps you understand the importance of keeping the palms facing each other during the swing.

(3 minutes a day this month)

Palms Down

this is a great drill to keep your posture correct during your swing and stop your early extension.

Take your 5- iron golf posture, now simply hold your palms down in front of your chest facing toward the ground. Make a backswing focusing on keeping the palms facing the wall behind you, pause for a few seconds. You will feel as is your chest is coiled in the backswing. Then rotate through making sure your palms and hips are finishing at your target. This is a great drill for creating the correct feel for maintaining your posture and stopping your early extension. (10 minutes a day this month)

Stork Turns

Using a club for support - this drill will teach you how to separate your lower body from your upper.

Take a golf club for support directly in front of you and place both hands on it. Then stand on one leg while hooking your other foot around the leg you are standing on. Then simply turn your lower body backwards and forwards while keeping your chest square. This is also a great pre-round warm up (10 minutes a day this month)





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Club Closed	2 Club Closed	3 Happy Hour 5:30 - 7pm	4 Family Night	5 Burgers & Brews	6
7 Super Bowl Pic Up	8 Club Closed	9 Club Closed	1 () Happy Hour 5:30 - 7pm	11 Family Night	12 Burgers & Brews	13 Valentines Day Dine In or Pick Up
14	15 Club Closed	16 Club Closed	17 Happy Hour 5:30 - 7pm	18 Family Night	19 Burgers & Brews	20
21	22 Club Closed	23 Club Closed	24 Happy Hour 5:30 - 7pm	25 Family Night	26 Burgers & Brews	27
28						

In order to accommodate members and guests, we accept all major credit cards for payment. Please note that there will be a 2% convenience fee added to all credit card payments, 3% for American Express.

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