

## Soup, Salad & Appertizer

### SUP DAGING

Served with White Rice, Keropak & Acar Buah

Member : RM7.00  
Visitor : RM8.00



### ROASTED MUSHROOM SOUP

Hearty Cream of Mushroom with Chopped Parsley and Croutons.

Member : RM8.00  
Visitor : RM10.00



### TOM YAM GOONG

Thai Hot & Sour Prawn Soup.

Member : RM12.00  
Visitor : RM14.00



### TROPICANA HOUSE SALAD

Assortment of Garden Greens with Thousand Island or Vinaigrette.

Member : RM8.00  
Visitor : RM10.00



### CHEF SALAD

Creative Chef salad served with Banana, Boiled Egg and Crouton.

Member : RM8.00  
Visitor : RM10.00



### LOADED POTATO SKIN

Stuffed Potato Skin with Meat Sauce (beef) and Guacamole.

Member : RM12.00  
Visitor : RM14.00



### SUP DAGING

Served with White Rice Keropak & Acar Buah



All prices are subject to 5% Government Tax and 10% Service Charge

## Local Dishes

### NASI GORENG ISTIMEWA

Choice of Nasi Goreng Istimewa, Nasi Goreng Kampung or Nasi Goreng Cina served with Acar buah, Fried Egg and Chicken or Beef Satay.

Member : RM13.00  
Visitor : RM15.00



### NASI LEMAK KOSONG

Served with Cucumber, Fried Bills, Fried Ground Nuts, Kangkung Celur, Sambal Ikan Bilis and Telur Rebus.

Member : RM6.00  
Visitor : RM7.00



### NASI LEMAK with choice

Served with Cucumber, Fried Bills, Fried Ground Nuts, Kangkung Celur, Sambal Ikan Bilis and Telur Rebus.  
With choice of Sambal Sotong, Udang, Chicken Rendang, Beef Rendang or Fried Chicken.

Member : RM12.00  
Visitor : RM14.00



### CONGEE

Choice of Fish or Chicken.

Member : RM6.00  
Visitor : RM8.00



### ROJAK MAMAK

Vegetables with Tauhu, Egg, Sambal Sotong and Peanut Sauce.

Member : RM8.00  
Visitor : RM10.00



### MEEHOON SUP UTARA

Served with Beef Tenderloin, Bean Sprout, Salted Vegetables, Peanut and Sambal Tumis.

Member : RM13.00  
Visitor : RM15.00



### TROPICANA CURRY LAKSA

Penang Style Noodle in Curry with Chicken, Prawn and Cuttlefish.

Member : RM10.00  
Visitor : RM12.00



### PENANG FRIED KOAY TEOW

Served with Tiger Prawn, Chicken Meat and Fish Cake.

Member : RM10.00  
Visitor : RM12.00



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## Local Dishes

### CANTONESE YEE MEE, KOAY TEOW or MEEHOON

Cantonese style served in bowl.  
Member : RM10.00  
Visitor : RM12.00



### WANTAN MEE (soup or dry)

Served with BBQ Chicken and Prawn Wantan.  
Member : RM11.00  
Visitor : RM13.00



### SINGAPORE FRIED MEEHOON

Singapore Style Fried Meehoon served with Chicken & Prawn.

Member : RM10.00  
Visitor : RM12.00



### MEE HAILAM

Braised Noodle served with Tiger Prawn and Chicken Meat.

Member : RM10.00  
Visitor : RM12.00



### MEE MAMAK

Mamak style Fried Yellow Noodles served with Tomato, Beancurd, Chicken & Prawn.

Member : RM10.00  
Visitor : RM12.00



### SHANGHAI FRIED MEEHOON

Shanghai Style Fried Meehoon served with Chicken & Prawn.

Member : RM10.00  
Visitor : RM12.00



### PENANG FRIED MEE

Served with Chicken and Prawn cooked in Penang Style.

Member : RM10.00  
Visitor : RM12.00



### HAINANESE CHICKEN RICE

Roasted or Steamed Chicken with Buttered Rice and Clear Vegetable Broth

Member : RM10.00  
Visitor : RM12.00



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## Thai Food

**PANAENG**  
Thai Panaeng Curry with Beef.  
Member : RM15.00  
Visitor : RM16.00



**THAI FRIED RICE with SOFT SHELL CRAB**  
Fried Rice cooked Thai style, served with Battered Soft Crab  
Member : RM13.00  
Visitor : RM15.00



**PHAD THAI**  
Thai Fried Noodle with Prawns  
Member : RM15.00  
Visitor : RM16.00



**KOAY TEOW RADNA**  
Thai Noodle with Gravy  
Member : RM13.00  
Visitor : RM14.00



**THAI FRIED MEEHOON**  
Served with Tiger Prawn, Squid and Chicken Meat.  
Member : RM13.00  
Visitor : RM15.00



**KHAO PHAD PO**  
Fried Rice with Crab Meat  
Member : RM11.00  
Visitor : RM12.00



**PHAD KRA PAO KAI**  
Hot Basil with Chicken.  
Member : RM13.00  
Visitor : RM14.00



**PHAD KHANA NEUA**  
Stir Fried Beef with Kailan  
Member : RM15.00  
Visitor : RM16.00



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## Set Menu

**SAMBAL UDANG**  
Malaysian Spicy Prawn served with White Rice, Acar Buah and Keropok.  
Member : RM7.00  
Visitor : RM8.00



**KARI AYAM BERKENTANG**  
Chicken Curry with potato served with White Rice and Acar Buah.  
Member : RM7.00  
Visitor : RM8.00



**CHICKEN VARUVAL**  
Chicken cooked in Indian style served with White Rice and Acar Buah.  
Member : RM7.00  
Visitor : RM8.00



**CHICKEN GINGER with ONION SPRING**  
Served with White Rice, Acar Buah and Keropok.  
Member : RM7.00  
Visitor : RM8.00



**MUTTON MASALA**  
Indian style Mutton served with Acar Buah and Keropok.  
Member : RM7.00  
Visitor : RM8.00



**RENDANG AYAM or RENDANG DAGING**  
Braised Chicken or Beef in spices served with White Rice and Acar Buah.  
Member : RM7.00  
Visitor : RM8.00



**SAMBAL SOTONG**  
Spicy Cuttle Fish served with White Rice, Acar Buah and Keropok.  
Member : RM7.00  
Visitor : RM8.00



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## Western Cuisine

**LAMB CHOP**  
Served with Grilled Vegetables, Chat Potato and Mint Sauce.  
Member : RM30.00  
Visitor : RM32.00



**PAN FRIED TENDERLOIN STEAK**  
Served with Garden Vegetables and Jacket Potato.  
Member : RM32.00  
Visitor : RM34.00



**FISH & CHIPS**  
Tempura Fish Fillet with French Fries and Tatar Sauce.  
Member : RM16.00  
Visitor : RM18.00



**TROPICANA BURGER**  
Grilled 180g Minced Beef or Chicken. Additional Egg or Cheese (extra) + RM1.00 (M) + RM2.00 (V)  
Member : RM14.00  
Visitor : RM15.00



**CHICKEN CHOP**  
Deep fried with batter until Golden Brown, served with Fries, Coleslaw and Hainan Sweet and Sour Sauce.  
Member : RM18.00  
Visitor : RM20.00



**SPAGHETTI BOLOGNAISE**  
Al Dente Spaghetti with Minced Beef in Tomato Sauce  
Member : RM12.00  
Visitor : RM14.00



**LAMB CHOP**  
Served with Grilled Vegetables, Chat Potato and Mint Sauce.



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## Snacks

### CURRY PUFF

Crispy Puff with Potato and Chicken Filling

Member : RM3.00  
Visitor : RM4.00



### ROJAK BUAH-BUAHAN

Mixed Tropical Fruit served with Sweet Rojak Sauce

Member : RM8.00  
Visitor : RM9.00



### PENANG TAUHU BAKAR

Grilled Tauhu topped with Prawn Paste Sauce

Member : RM7.00  
Visitor : RM9.00



### GRILLED MIXED SATAY

1/2 dozen

Chicken or Beef with Condiments.

Member : RM9.00  
Visitor : RM11.00



### BUFFALO WINGS

1/2 dozen

Served with BBQ sauce.

Member : RM16.00  
Visitor : RM18.00



### DEEP FRIED CHICKEN WINGS

1/2 dozen

Marinated with Spices.

Member : RM16.00  
Visitor : RM18.00



### FRIED SAUSAGE with ANCHOVIES & ONION

Sir Fried Chicken Sausage in Spicy Chilli Paste.

Member : RM8.00  
Visitor : RM10.00



### ROTI BAKAR

Served with Butter and Kaya.

Member : RM4.00  
Visitor : RM6.00



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## Snacks

### SANDWICHES

1/2 dozen

Selection - Egg, Cheese, Chicken, Tuna & Sardine.

Member : RM8.00  
Visitor : RM10.00



### THE PALM CLUB SANDWICH

Choice of Chicken Ham or Beef Bacon with Cheese and Egg.

Member : RM11.00  
Visitor : RM13.00



### ROTI BAKAR

Served with Butter and Kaya.

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## Dessert

### ABC

Shave Ice with Syrup, choice of Ice cream and Condiments.

Member : RM7.00  
Visitor : RM9.00



### ICE CREAM WITH TOPPING

Single Scoop  
Member : RM4.00  
Visitor : RM5.00

Double Scoop  
Member : RM6.00  
Visitor : RM7.00



### BANANA BOAT

Sliced Banana with 3 Scoop of Ice Cream and Toppings.

Member : RM8.00  
Visitor : RM10.00



### BUBUR PULUT HITAM

Traditional Malay Dessert Pulut Hitam served with Coconut Milk

Member : RM4.00  
Visitor : RM5.00



### ISLAND PARFAIT

Served with Vanilla Ice Cream, Banana, Pineapple, Orange and Topping

Member : RM8.00  
Visitor : RM9.00



### MIXED FRUIT PARFAIT

Served with Vanilla Ice Cream with mixed fruits cocktail and Topping.

Member : RM8.00  
Visitor : RM9.00



### FRUIT PLATTER

Seasonal Fruit Platter

Member : RM6.00  
Visitor : RM8.00



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## Beverages

### SOFT DRINKS

	Member	Visitor
Sprite	3.50	4.50
Coca-cola	3.50	4.50
Diet Coke	3.50	4.50
Coca-cola Float	6.00	7.00
Cincau	3.50	4.50
Soya Bean	3.50	4.50
100 Plus	4.50	5.50
Red Bull	6.50	7.50
Guinness Malta	6.50	7.50
Kickapoo	3.50	4.50
Recharge	4.00	5.00
Pocari Sweat	4.50	5.50

### HOT & COLD

	Member	Visitor
Teh Tarik	3.50	4.50
Kopi Tarik	3.50	4.00
Ice Tea / Lemon	3.50	4.50
Nescafe	3.50	4.50
Milk	4.50	5.50
Horlick	4.50	5.50
Cappucino	4.00	5.00
Nespresso brewed Coffee	6.00	7.00
Milkshake <small>(choice of strawberry, vanilla or chocolate)</small>	7.00	8.00
Syrup Bandung	4.00	5.00
Milo	4.50	5.50
Chinese Tea	4.50	5.50
Green Tea	4.50	5.50



Orange Juice

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## Beverages

### FRUIT JUICE

	Member	Visitor
Orange	7.00	8.00
Apple	7.00	8.00
Watermelon	7.00	8.00
Starfruit	7.00	8.00
Pineapple	7.00	8.00
Whole Young Coconut	6.00	7.00
Botak Coconut	7.00	8.00
Carrot	7.00	8.00
Lychee / Longan	6.00	7.00
Sour Soup	7.00	8.00
Lime Juice	5.00	7.00
K-Lime	4.50	5.50
Watermelon <small>with longan or lychee</small>	10.00	11.00
Watermelon (mug) <small>with longan or lychee</small>	17.00	18.00
Coconut Syrup	8.00	9.00
The Green <small>(celery, apple, bitter gourd &amp; cucumber)</small>	9.00	10.00
Cross Over <small>(beet root, apple &amp; celery)</small>	8.00	9.00

### MINERAL WATER

	Member	Visitor
Tropicana Mineral Water (500 ml)	2.00	3.00
Tropicana Mineral Water (1500 ml)	4.00	5.00
Evian Mineral Water (500 ml)	6.50	7.50

### BEER & STOUT

	Member	Visitor
Tiger Draft Jug	40.00	45.00
Tiger Draft Mug	13.00	15.00
Tiger Btl.	13.00	14.00
Heineken Beer	13.00	15.00
Guinness Stout	13.00	15.00
Carlsberg Beer Btl.	13.00	15.00

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