

behind the
scenes

Getting Creative

by Wendi Hailey

Some of the world's most gifted chefs began their careers as dishwashers, working their way up the ranks with inexhaustible appetites and verve. Lindsay Gray has followed much the same trajectory, from scouring tableware at age 15 in New Zealand to manning the kitchens of three of the Club's restaurants as senior sous chef.

"I think it's important that someone starts at the very bottom, no matter what trade they do," says the amiable Auckland native, who moved to Japan nearly 13 years ago with his "free spirit" and no immediate job prospects. "If you don't start at the bottom, you really don't know how to get your hands dirty."

One of Gray's most notable experiences was an apprenticeship at New Zealand's then-top hotel, the Regent, when he was 17. "I was paid next to nothing to get a free education in cooking and spent nearly three years working, working like a dog," he recalls with a laugh, "but it was really worth it and I got to work with some really amazing chefs from Europe—Italy and France and Switzerland. I learned all areas of the kitchen and was able to grow from a kid to a young adult."

His broad exposure to food—from the simple cookery of his home country to bold European flavors to subtle cuisine in Japan—has proven an asset in his present role creating the menus for Garden Café, Mixed Grille and Traders' Bar. "I guess it's a challenge and also a satisfaction at the same time," he says.

When conceiving new dishes, Gray has to consider the character and customer base of each outlet. Traders' Bar, he says, doesn't stray far from traditional pub fare, while Mixed Grille serves up casual yet sophisticated cuisine. "We try to put quite a lot of effort in there as far as the quality of



Ayano Sato

ingredients," he says.

At Garden Café, health and family dining are the biggest influences on the menus. "Half the customers are kids...and we know that basically the Garden Café's biggest competition is the Members' own home," he says. "So I really want to think about with the next menu changes...what they're probably eating at home and what they miss eating at home in their own countries [and] to incorporate that into the Garden Café menu."

Creating quality fare alongside some 40 chefs, all the while keeping tabs on rising food prices and working with the sometimes challenging logistics of the Takanawa facilities, is no small feat, but Gray manages it with a smile. "Every staff member in the kitchen works really, really hard," he says. "I try every day to come here and have the most positive outlook as I can."*

APPETIZERS

NEW Calamari 魚貝	¥1,400
Deep-Fried, Creole Spice, Tomato-Parmesan Dipping Sauce and Gumbo	small ¥800
Crab Cakes 魚貝	¥1,500
Ciabatta-Crusted, Black Bean and Pineapple Salsa, Chili Aioli, Arugula	
Foie Gras 魚貝	¥1,800
Seared Foie Gras, Cornbread Toast, Local Citrus Compote, Balsamic Reduction	
NEW Chicken Wings	¥1,250
Honey Barbecue Sauce, Coleslaw, Roasted Sesame	
NEW Scallops	¥1,475
Seared Hokkaido Sea Scallops, Chorizo, Asparagus, Cumin-Maple Crème Fraîche, Arugula	
NEW Quesadilla	¥1,250
Crispy Bacon, Ricotta and Monterey Jack Cheeses, Roast Pumpkin Seeds, Cilantro, Fresh Tomato Salsa	
NEW Chilled Shrimps	¥1,250
Roasted Jalapeño Cocktail Sauce, Cilantro, Lemon, Grilled Baguette	
NEW Organic Tomatoes 🌿	¥1,250
Ibaraki Agri-dream Farm Tomatoes, House made Ricotta, Sea Salt and Garlic Ciabatta Croutons	

SOUPS AND SALADS

Salad Bar	¥1,500
Add Soup of the Day or Vegetarian Soup	¥1,775
Today's Seasonal Soup	Cup ¥550 Bowl ¥900
Today's Vegetarian Soup 🌿	Cup ¥550 Bowl ¥900

Crab Soup 魚貝	Cup ¥700 Bowl ¥1,075
Low Country Club Classic with Crispy Ciabatta Croutons	

Chinese Chicken Salad 魚貝 🥜	¥1,500
Mixed Grille-Style, Romaine Lettuce, Chicken Breast, Cucumber, Celery, Radicchio, Crispy Noodles and Cashew Nuts with Sesame-Ginger Vinaigrette	Small ¥950

Caesar Salad	¥1,200
Romaine Hearts, Croutons, Shaved Parmesan, Crispy Bacon and Caesar Dressing	Small ¥850
Grilled Shrimp	¥500
Grilled Chicken Breast	¥325

Niçoise Salad	¥1,700
Japonais Style, Seared Sashimi-Grade Tuna, Cucumber, Green Beans, Cherry Tomatoes and Pickled Eggplant tossed in Wasabi Ranch Dressing with Rice Crackers	

Organic Smoked Salmon Salad 🥜	¥1,600
Fuji Apple, Celery, Walnuts, Romaine Lettuce, Raspberry and Dried Cranberry Dressing	

NEW Baby Spinach Salad	¥1,550
Grilled Scallops, Red Grape Juice Dressing, Honey Roasted Carrots, Black Beans, Kalamata Olives, Grana Padano	

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Yes! is our attitude—and that goes for requests for items not on the menu!

🌿 denotes vegetarian item 🥜 contains or decorated with nuts **RDA** recommended daily allowance 🍷 signature



SANDWICHES

California Clubhouse	¥1,450
Triple-Decker Sandwich with Bacon, Smoked Turkey, Lettuce, Tomatoes and Avocado (White or Whole Wheat)	
Tuna Wrap	¥1,600
Grilled Pepper-Rubbed Tuna Steak, Avocado, Wasabi Aioli, Pickled Ginger, Cucumber and Sesame	
Reuben	¥1,250
Deli-Style Corned Beef, Sauerkraut, Gruyère Cheese and Thousand Island Dressing on Toasted Dark Rye Bread	
Roast Beef Sandwich	¥1,400
Toasted Baguette, Sherry-Glazed Onions, Swiss Cheese and Dijon Butter; au Jus	
NEW Whole Wheat Wrap  RDA 4	¥1,175
House made Ricotta, Marinated Cucumber, Roast Onions, Cherry Tomatoes, Baby Spinach, Kalamata Olives	
NEW Steak Sandwich 	¥1,475
3oz (85g) New York Striploin, Chorizo, Avocado, Swiss Cheese, Roast Onions, Ciabatta Bread	
NEW Salmon Wrap	¥1,325
Grilled Salmon, Mashed Potatoes, Baby Spinach, Avocado, Monterey Cheese and Roast Peppers	

BURGERS

Classic Burger Dip 	¥1,350
8oz (225g) Grilled Australian Prime Grain-Fed Beef Burger with Cheddar, Peppers and Onions on Crusty Baguette au Jus (grilled to order)	
Hamburger	¥1,250
Grilled 8oz (225g) Australian Prime, Grain-Fed Beef (grilled to order)	
Buffalo 'N' Blue Chicken Burger	¥1,200
8oz (225g) Grilled Ground Chicken Patty, Blue Cheese and Spicy Buffalo Sauce on Sesame Bun	
** Additional Toppings	
Cheese, Bacon, Avocado, Peppers, Pineapple	each ¥200
Beets, Jalapeños, Fried Egg	each ¥100
Mushrooms	¥300

PASTAS



NEW Gnocchi 'n' Cheese 	¥1,600
Grilled Chorizo, Roasted Onions, Pancetta Bacon, Monterrey Jack Cheese, Rucola, Grilled Baguette	
NEW Whole Wheat Penne  RDA 4	¥1,350
Roasted Pumpkin, Soy Milk, Cherry Tomatoes, Creole Spice, Roast Almonds, Arugula	
NEW Tagliolini RDA 4	¥1,600
Shrimps, Chili and Garlic White Wine Broth, Arugula, Olive-Fried Ciabatta, Cherry Tomatoes	

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ENTREES

NEW USDA Rib Eye Steak 	¥3,300
10oz. Washington State, Cajun Dry-Rubbed Summer Greens and Grilled Okura Salad	
NEW Seafood Platter 	¥2,600
Grilled Hokkaido Scallops with Tomato Jambalaya Snow Crab Cake with Pineapple Salsa and Chili Aioli Grilled Black Tiger Shrimps with Creole-Roasted Eggplant	
Fajitas 	
Sautéed Onions and Peppers with Fresh Avocado, Sour Cream and Salsa Borracho, Ranchero Beans, Lettuce and Flour Tortillas Chicken, Beef or Vegetarian	
	¥2,350
Shrimp	¥2,600
USDA Beef Ribs 	¥3,700
Cabernet-Barbecued Braised Double Pot-Roasted Potatoes, Toasted Corn Bread, Garlic Creamed Spinach	
NEW Salmon RDA 3	¥2,500
Soy Milk-Poached Norwegian Salmon, Dijon Mustard, Baby Potatoes, Gumbo, Arugula, Citrus Pepper Dressing	
NEW Sea bass RDA 4	¥2,700
Macadamia-Crusted Jambalaya, Asparagus, Grilled Chorizo, Pineapple Salsa	
NEW Duck Confit	¥2,500
Crisp Skinned, Double Pot Roasted Potatoes, Balsamic Dressed Baby Spinach, Rosemary Oil	
NEW Smoked Tofu and Grilled Summer Vegetables RDA 2 	¥1,700
Marinara Sauce, Balsamic Reduction and Eggplant Chips	

FROM THE GRILLE (MEMBERS' REQUEST)

Tenderloin Iwate Wagyu	4oz (113g)	¥7,000
Rib Eye Steak Washington State USDA	10oz (280g)	¥2,700
Tenderloin New Zealand Organic Grass-Fed	4oz (113g)	¥2,000
	8oz (225g)	¥4,000
Lamb Chops New Zealand	8oz (225g)	¥2,200
Fresh Tuna Steak	5oz (140g)	¥2,200
Fresh Salmon Filet Norway	5oz (140g)	¥1,875
NEW Pork Chop Ibaraki Prefecture Rose Pork (with bone)	10oz (280g)	¥2,375
NEW Sea Bass Filet	4oz (140g)	¥2,325
Sauces (choose one)		
Classic Sauce Béarnaise, Bourbon Jalapeño Jus, Daikon Yuzu Ponzu		

SIDES

Grilled Shrimp	¥500
Creamed Spinach	¥500
Steamed Spinach	¥400
Asparagus (sautéed or steamed)	¥600
Broccoli (sautéed or steamed)	¥400
French Fried Potatoes	¥325
Truffle-Whipped Potatoes	¥500
Mashed Potatoes	¥425
Cajun Fries	¥375
Onion Rings	¥375
Coleslaw	¥325
Roasted May Queen Potatoes with Sea Salt	¥425

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“First and foremost, I really want Members to enjoy what they’re eating and go home and say, ‘Wow! That was a really nice meal.’ And I want to concentrate on honest, simple flavors. The more that I can bring that kind of cooking to Mixed Grille, the more I think the Members will appreciate it.”

Lindsay Gray
Senior Sous Chef

Healthy Helpings

The Food & Beverage team’s new item rating system is designed to help Members easily identify and enjoy healthier options for breakfast, lunch and dinner in all the Club outlets.

All recommended dietary allowance (RDA)-rated dishes are based on calorie counts. So, for example, an item with an RDA-4 rating contains approximately 400 calories, while a dish with an RDA-3 rating has about 300 calories.

Of this total calorie content, approximately 20 to 30 percent is derived from unsaturated fats, 35 percent from lean protein and at least 45 percent from unprocessed carbohydrates.

We hope you enjoy this healthy approach to eating.

RDA-Rated Dishes

	RDA RATING	FAT*	PROTEIN*	CARBOHYDRATES*
Whole Wheat Wrap	4	18	27	55
Whole Wheat Penne	4	20	17	63
Tagliolini	4	21	34	45
Salmon	3	23	38	39
Sea Bass	4	27	32	41
Tofu Sandwich	2	23	33	40

* Percentage of Calorie Content