

All Day Dining

Sunday to Thursday 11:00 a.m. - 9:00 p.m. (Last orders at 8:30 p.m.)
Friday & Saturday 11:00 a.m. - 10:00 p.m. (Last orders at 9:30 p.m.)

Appetizers

Hummus Platter 15

Upgrain pita bread, cherry tomatoes, Japanese cucumber, red radish & chickpea

Smoked Salmon Pizza 27

Capers, red onion, fresh dill & lemon wedges

Beetroot & Avocado Tartare 15

Italian dressing & croutons

Grilled Vegetable Platter Yuzu

Chimichurri 12

Bell pepper, zucchini, asparagus & broccolini

Wings! 14 (6pcs) 22 (12pcs)


Choice of sauce: Medium / Hot / Suicide

Aloo Tiki 12


Pan-seared potato patty topped with yogurt, tamarind chutney, mint chutney & mixer

Nachos 14

Corn chips topped with cheese, olives, jalapeños, refried beans, tomato guacamole, sour cream & salsa

Gluten-free option available 





Add-ons:

- Beef Chili 5.5
- Grilled Chicken 4.5
- Cheese Sauce 4 

Salads

All salads are made fresh to order with seasonal ingredients.

Choice of dressing (choose one):

Ranch , Balsamic, Sesame, Italian, Caesar  , Lemon Ginger Vinaigrette 


Superfood Chopped Salad 17

Spinach, Mesclun greens, kale, avocado, grapes, broccolini, cherry tomatoes, cucumber, blueberries, sunflower seeds & almonds

Caesar Salad 14

Romaine lettuce, garlic croutons, bacon, hard-boiled egg & lemon wedges

Add-ons:

- Chicken Breast 4.5
- Salmon 12 


Tradewinds Cobb Salad 19


Mixed greens, Romaine lettuce, chicken breast, bacon bits, avocado, hardboiled egg, blue cheese crumble & blue cheese dressing

Soups

Soup of the Day 10

Chef's selection (Asian)

Gluten-free option available 

May contain nuts 

Please check with our Team Member

Tomato Soup Tapenade Croutons 9

Fresh basil leaves & extra virgin olive oil

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Mains

AmClub Breakfast 13

Two eggs (any style) with roasted potatoes, country bread & a choice of bacon, ham or sausage

Char-grilled Rib Eye Steak 36

Roasted vegetables, whipped potatoes & red wine sauce

Fish & Chips 19

Fries, tartar sauce & lemon wedges

Grilled Salmon 22

Grilled asparagus, mash potatoes, dill & capers hollandaise

Chicken Parmigiana 20

Breaded chicken breast, mozzarella, tomato sauce, arugula & Parmesan cheese

Roasted Cauliflower with Tahini Sauce 15

Dried cranberries, cashew nuts, sea salt, basil & chili oil

Mussels White Wine 23

(contains alcohol)
Sautéed mussels in white wine garlic cream sauce served with crusty bread

Side Orders:

- Rice 2 (brown/biryani/chicken)
- Steamed Jasmine Rice 2
- Indian Tandoori Naan 3 (plain/garlic/cheese/butter)
- Mashed Potatoes 5
- French Fries 6
- Green Salad 7
- Mac & Cheese 7

Pizzas

Gluten-free crust 3

Hawaiian Pizza 21 (12-inch)

Pineapple, ham & mozzarella cheese

Pizza Alle Verdure 23 (12-inch)

Cherry tomatoes, eggplant, zucchini, bell pepper & Bocconcini cheese

Meat Lovers Pizza 24 (12-inch)

Italian sausage, pepperoni, ham & mozzarella cheese

Smoked Salmon Pizza 27 (12-inch)

Wild Rocket, capers, red onion & cream chee

Margherita Pizza 22 (12-inch)

Cherry tomatoes, basil & Bocconcini cheese

Prosciutto Arugula & Bocconcini Pizza 26 (12-inch)

Tomato pizza base with mozzarella cheese, cherry tomatoes, prosciutto, arugula & Bocconcini cheese

Pastas

Choice of pasta:
tagliatelle or spaghetti

Add-ons:

- Chicken 4 - Ham 4 - Prawns 11

Beef Bolognese Pasta 18

Minced beef tomato sauce & Parmesan cheese

Gluten-free option available

Pasta Carbonara 19

Bacon, ham, onions, egg yolk & cream sauce

Marinara Pasta 15

Tomato, basil & soffritto

Aglio Olio Pasta 14

Garlic, red pepper flakes, olive oil, parsley & mushrooms

Mac & Cheese 15

An American classic

Add-ons:

- Slow-braised BBQ Pulled Pork 7

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Sandwiches & Wraps

Choice of fries, sweet potato fries or side salad.

Gluten-free bun 3 ☺

Pastrami Cheese Melt with Onion Dip Sauce 18

☺ ☹ 🌱

Swiss cheese, cabbage & caramelized onions on bread with onion dip sauce

Philly Cheese Steak Sandwich 20

☺

Sliced beef, yellow onion, bell pepper & Provolone cheese on hoagie bread served with fries

Add-ons: Mushroom 3

Ribeye Steak Sandwich 26

☺

Ribeye, mushroom, caramelized onions, arugula & chimichurri on bread

TAC Club 19

☺ ☹ 🌱 🍷

Turkey breast, ham, bacon, avocado & cheddar on whole wheat bread
Gluten-free option available ☺

Classic Reuben 18

☺ ☹ 🌱

Corned beef, Swiss cheese, sauerkraut & Russian dressing on rye bread

Chicken Caesar Burrito 14

☺ ☹ 🌱

Romaine, avocado, cherry tomato & Caesar dressing in a flour tortilla with tomato salsa on the side

Options: Vegetarian 11 🌱

Burgers

Made in-house with freshly ground American chuck & sirloin on sesame seed bun or substitute with a low carb lettuce bun 🌱

Choice of fries, sweet potato fries or side salad.

Gluten-free bun 3 ☺

Holy Guacamole Burger 23

☺ ☹ 🌱 🍷

Char-grilled beef patty, guacamole, lettuce, tomatoes, red onion, cheddar cheese & candied bacon

Upgrain Crispy Buttermilk

Chicken Burger 18

☺ ☹ 🌱

Tomato, onion, honey roasted pineapple & cheese

Classic Cheeseburger 19

☺ ☹ 🌱

Lettuce, tomatoes, red onions & American cheese

Gluten-free option available ☺

The Impossible Burger 24

🌱 ☺ ☹ 🌱

Plant-based patty, lettuce, tomatoes, arugula, Swiss cheese, caramelized onions, mushrooms, braised cabbage & sun-dried tomato pesto served with mixed salad

Optional add-ons:

- Fried Egg 1.5 ☺

- Caramelized Onions 3

- Truffle Fries 4 🌱 ☺

- Extra Beef Patty(220gm) 10

- Impossible Patty 13 🌱

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Asian

Shark Fin Melon Soup 12 🍲

Double boiled pork ribs, shark fin melon, carrot, bitter almond & red dates soup served with jasmine rice

Tradewinds Nasi Lemak 16 🍲 🌱 🌶️ 🍷 NEW

Served with fried chicken wings, achar, ikan bilis, peanut, cucumber, hard-boiled egg & sambal chili

Hainanese Chicken Rice 14 🍲

White or dark meat with traditional accompaniments
Gluten-free option available 🌱

Singapore Laksa 15 🍲 🌱 🌶️

Thick noodles, chicken, shrimp, quail eggs & dried taupok in a coconut-curry broth

Gong Bao Chicken 16 🍲 🌱

Cashew nuts, dried chili, ginger, garlic & onions served with steamed jasmine rice

Steamed Local Snapper with Garlic Paste 22 🍲 🌱

Broccoli, tofu & spring onion served with steamed jasmine rice
Gluten-free option available 🌱

Thai Green Curry 11 🍲 🌱

Thai green eggplant, red chili, cherry tomatoes, broccoli, cauliflower, lime leaf & Thai basil served with steamed jasmine rice

Add-ons:

- Chicken 4.5 - Prawns 11 🍲

Char Siew Wonton Noodle 19 🍲 🌱

Dry egg noodles with char siew, shrimp wonton & kai lan with supreme sauce

Hor Fun 🍲

Served with vegetables & egg drop gravy
A choice of kway teow, bee hoon or yellow noodles

Options:

- Chicken 15.5 - Seafood 18 🍲

Stir-fried Noodles 🍲 🌱

Vegetables & eggs

A choice of kway teow, bee hoon or yellow noodles

Options:

- Chicken 15.5 - Seafood 18 🍲
- Beef 20 - Vegetarian 11 🌱

Vegetarian Fried Rice 11 🍲 🌱

Shiitake mushroom, corn, carrots, sweet peas & egg

Gluten-free option available 🌱

Options:

- Chicken 15.5 - Seafood 18 🍲
- Beef 20

Braised Beancurd & Mixed Vegetables 14 🍲 🌱

Shiitake mushroom, black fungus, bell pepper, carrot, broccoli, lotus root & long cabbage served with steamed jasmine rice

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Indian


Includes a choice of naan or biryani rice served with papadum

Paneer Tikka Masala 17

Cottage cheese with spice, herb & cashew nuts in spice gravy

Chicken Tikka Masala 18

Boneless chicken marinated in yogurt, garlic, ginger & a blend of Tandoori spices with mint yogurt

Gluten-free option available 

Kadai Prawn Masala 20

Prawns cooked in onion-tomato gravy & coconut cream with bell pepper, spices & herbs

Yellow Dhal 13

Lentil stew, spices & herbs

Bengali Machi Curry 19

Slow cooked fish barramundi in tamarind juice spices & coconut cream

Tawa Sabzi 15

Fresh vegetables cooked with blend of spices served with naan or biryani rice, raita & papadum

Mutton Masala 21

Served with naan or biryani rice, raita & papadum