

THE SEAGATE





Welcome to [The Seagate Hotel & Spa](#), where your every need has been carefully considered long before you arrive in our lobby.



The health and safety of our guests and staff has always been vitally important to us, but never more so than now. With **Seagate Safe**, we're doing everything possible to make certain that all our properties are safe, sanitary, and germ-free. [Learn more.](#)



Visit the **Atlantic Grille**, our eclectic restaurant on the Avenue that perfectly captures the unique flavor of Delray Beach. Join us for our daily Happy Hour 4pm - 6pm, and enjoy live entertainment Tuesday through Sunday. [Learn more.](#)



Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



You won't have to go far to discover some of the most fashionable finds, unique gifts, and delectable delights anywhere in South Florida. **Aqua Resortwear** is the ideal place to find the latest fashions and resortwear for men and women. For gifts, gourmet specialties, and beach essentials, **etc. café & gifts** has everything you need. [Learn more.](#)



The **Seagate Country Club** is a world-class golf and country club featuring one of the finest championship golf courses in all of Palm Beach County. The club and its recently restored course are now open hotel guests of The Seagate Hotel & Spa and provide activities such as golf, tennis, pickleball and more. **The Seagate Wellness Center**, which provides classes and personal training in its Technogym facility is also available to hotel guests. [Learn more.](#)

The **Seagate Beach Club** offers guests the prestige of a sophisticated retreat with the allure of a refined ambiance with personalized service. Amenities include direct beach access, oceanview dining, a beachside swimming pool, poolside and beach beverage service and more. [Learn more.](#)

And so you don't miss out on any of our activities, we offer complimentary transportation on our in-house car to and from the hotel and clubs on a first-come, first-served basis.

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 26	DEC 27	DEC 28	DEC 29	DEC 30	DEC 31	JAN 1
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	
	8:30am Aquabilities	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer	6:00pm Cardio Tennis		
JAN 2	JAN 3	JAN 4	JAN 5	JAN 6	JAN 7	JAN 8
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
			6:00pm Pickleball Mixer	6:00pm Cardio Tennis		12:00pm Junior Advanced Golf Program

HOTEL

BEACH CLUB

COUNTRY CLUB

RACQUETS CENTER

YACHT CLUB

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 9	JAN 10	JAN 11	JAN 12	JAN 13	JAN 14	JAN 15
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
			6:00pm Pickleball Mixer	6:00pm Cardio Tennis		12:00pm Junior Advanced Golf Program
JAN 16	JAN 17	JAN 18	JAN 19	JAN 20	JAN 21	JAN 22
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
			6:00pm Pickleball Mixer	6:00pm Cardio Tennis		12:00pm Junior Advanced Golf Program
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 23	JAN 24	JAN 25	JAN 26	JAN 27	JAN 28	JAN 29
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
			6:00pm Pickleball Mixer	6:00pm Cardio Tennis		12:00pm Junior Advanced Golf Program
JAN 30	JAN 31	FEB 1	FEB 2	FEB 3	FEB 4	FEB 5
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:30am Core Flow	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	5:00pm Core Flow	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
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HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

AEROBICS

Country Club Main Ballroom
Mondays, Thursdays | 8am - 9am
Hotel Guests \$15

High energy, total body conditioning class that utilizes a variety of resistance equipment designed to increase definition and overall strength! Pump your heart rate up by performing cardiovascular movements with superstar instructor Rita!

Skill Level: Intermediate & Advanced

AQUABILITIES

Wellness Center Pool
Mondays, Thursdays, Saturdays
8:30am - 9:30am

Beach Club Pool
Mondays, Wednesdays, Fridays
9am - 10am

Hotel Guests \$15

Get an excellent water workout without the impact of jumping in our therapeutic temperatures! Improve strength, balance, and function using equipment in the water.

Skill Level: Beginner & Intermediate

CARDIO TENNIS CLINIC

Racquets Center (Country Club)
Fridays | 9am - 10am
Hotel Guests \$25

Come join us for a highly active clinic that focuses on drills and conditioning.

CORE FLOW

Yacht Club
Tuesdays | 9:30am - 10:30am
Fridays | 8:30am - 9:30am
Hotel Guests \$15

In this class you will embrace and strengthen your core while flowing through a mindfully curated core-focused yoga sequence. This class is open to all levels, and will be as challenging as you make it.

*Mats available.

EMPOWERED ROTATION YOGA

Yacht Club Roof Top
First Wednesday of the month
5:30pm - 6:30pm
Hotel Guests \$15

A yoga class that focuses on mobilizing the hips and upper spine to allow you to get more out of your golf swing.

GENTLE STRETCH

Country Club Main Ballroom
Fridays | 10am - 11am
Hotel Guests \$15

Stretching is the key for a healthy body. Relaxation is the key for a healthy mind... The focus of this class is to help relieve the stresses of the day.

Skill Level: All levels

GUIDED MEDITATION

Yacht Club
First Wednesday of the month
6:30pm - 7pm
Hotel Guests \$10

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep

Skill Level: All levels

KETTLEBELLS ON THE BEACH

Beach Club - Oceanside
First Saturday of the month
9am - 10am
Hotel Guests \$20

Join us on the Beach for a BYOK (Bring your own Kettlebell) workout on the first Saturday of each month!

Skill Level: Intermediate & Advanced

JUNIOR ADVANCED GOLF PROGRAM

Seagate Country Club
Saturdays | 12pm - 1pm
Hotel Guests \$40 (Ages 6 - 12)

Topics covered are: Full Swing, Short Game, Putting, Bunker, and Course Management.

Children will receive instruction on the golf swing, proper alignment, different club use, how to read the greens and much more.

JUNIOR BEGINNERS GOLF PROGRAM

Seagate Country Club
Saturdays | 11am - 11:45am
Hotel Guests \$30 (Ages 5 - 12)

Topics covered are: Full Swing, Short Game, and Putting

Children will receive instruction on proper grip, stance and posture, basic chipping and pitching, putting techniques and how to read a green.

JUNIOR CARDIO TENNIS CLINIC

Racquets Center (Country Club)
Thursdays | 6pm - 7pm
Hotel Guests \$25

Juniors (Ages 9+) participate in a variety of highly active tennis drills and games.

PICKLEBALL CLINIC

Racquets Center (Country Club)
Wednesdays | 5pm - 6pm
Hotel Guests \$25

Players receive instruction while participating in a variety of drills and games that improve players' performance.

PICKLEBALL MIXER

Racquets Center (Country Club)
Wednesdays | 6pm - 7pm
Hotel Guests \$30

Players warm-up with the pro followed by several rounds of match-play. Beverage service included.

SEAGATE SUP YOGA

Seagate Hotel Pool Deck
Mondays, Thursdays
7:30am - 8:30am
Hotel Guests \$25

Benefits include improved balance, strengthened muscles, refined technique, and the opportunity to relax outdoors on the water. Bring stretchy, water-resistant workout attire, bathing suits, rash guards, yoga clothing, boardshorts. Limited availability.

SEAGATE SWEAT

Country Club - Wellness Center
Tuesdays, Thursdays
6pm - 6:30pm
Hotel Guests \$15

Train your body in the way it was intended to work, as a complete unit. This class will incorporate strength, endurance, coordination, and balance using various tools such as weights, bands, balls and body weight for optimal conditioning.

Skill level: All levels

SKILLS TENNIS CLINIC

Racquets Center (Country Club)
Wednesdays | 9am - 10am
Hotel Guests \$30

Players focus on learning technique and shot selection at a steady pace.

SUNRISE BEACH YOGA

Beach Club - Oceanside
Saturdays | 8am - 9am
Hotel Guests \$15

A creative blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques). Bring a large towel or blanket as mats can get sandy.

Skill Levels: All levels

SURF'S UP SUNDAYS

Beach Club - Oceanside
Sundays | 1pm
Hotel Guests \$35

Payment accepted only through Hotel Guest account.

Drop in to catch a swell with Delray Water Sports Team. Instructors will guide you to the perfect wave.

WAKE UP TO THE SUN YOGA

Country Club - Main Ballroom
Tuesdays | 7:30am - 8:30am
Hotel Guests \$15

This class allows you to arrive and enjoy quiet stillness, warm up and energize the body, and leave class ready to enter the rest of your day with vitality and calmness.

Skill Level: All levels

SEAGATE ZUMBA

Country Club - Main Ballroom
Saturdays | 8am - 8:45am
Hotel Guests \$15

The combination of dance and fitness moves done to a background of exhilarating rhythms. This class features merengue, salsa, cha-cha, reggaeton, bachata, samba, and hip-hop.

Skill Level: All levels

REGISTRATION

SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge. Reservations are required unless noted otherwise.

THE SEAGATE RACQUETS CENTER

Sign-up by texting or calling 561-475-0652.



SATURDAY
Jan.
1

New Year's Day Brunch

Saturday, January 1 | 10am - 3pm
Beach Club

COLD BAR

- One Dozen Oyster on The Half Shell* MP
- (6) Shrimp Cocktail 18
- ½ lb. Snow Crab Cluster MP
- (1) Cold Water Lobster Tail 18
- Blood orange mignonette, cocktail sauce, horseradish, mustard sauce, lemon

Beach Club Plateau*

Small 95 | Large 145

Seafood Ceviche* 18

Bell peppers, onions, citrus, cilantro, white fish, Key West pink shrimp, taro chips

EXTRA SIDES

- Apple Wood Smoked Bacon 4
- Breakfast Potatoes 4
- Apple Smoked Chicken Sausage 6
- Fresh Fruit 6
- Charred Broccolini 9
- Sweet Fries or French Fries 6

CHEF SPECIALTIES

- Açai Bowl* 16**
Lemon crème fraiche, banana, kiwi, berries, coconut
- Avocado + Shrimp Toast 18**
Multi grain toast, avocado, tomatoes, Key West pink shrimp, arugula in citrus vinaigrette, hash
- Beach Club Wedge* 14**
Hydroponic Bibb lettuce, heirloom tomatoes, gorgonzola cheese, bacon, crispy shallots
- Shellfish Cobb* 26**
Bacon, avocado, sliced egg, heirloom tomato, pepitas, lobster meat, shrimp, gorgonzola cheese dressing
- Filet + Eggs* 22**
Seasoned filet mignon, scrambled eggs, Yukon gold hash

- Jumbo Lump Crab Omelette* 26**
Jumbo lump crab meat, tomato + avocado salsa
- Oscar Benedict 24**
2 Poached eggs, English muffin, Canadian bacon, hollandaise sauce, jumbo lump crab, asparagus
Add Smoked Salmon +8*
Lobster Meat +12 | Blackened Shrimp* +12*
- Jalapeño Cheddar Burger 18**
Brioche bun, applewood smoked bacon, Bibb lettuce, tomato, red onion
- Apple + Cinnamon French Toast 14**
Thick-cut challah bread, apple + cinnamon compote, sliced pears

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular menu will not be offered during event. 48-hour cancellation policy in effect.*



SATURDAY
Jan.
1

New Year's Day Brunch

Saturday, January 1 | 10am - 3pm
Country Club - Center Dining Room

Oatmeal 9

Golden raisin, sliced banana, cinnamon, brown cane sugar

Seagate Omelet 12

Choice of fillings: breakfast potatoes, bacon, toast (Egg whites available)

South Beach Eggs Benedict 13

Two poached eggs, toasted English muffins, smoked ham, charred tomato, smashed avocado, tarragon hollandaise sauce

Steak & Eggs 18

Potatoes, sunny side up eggs, sliced steak, sweet onions, scallions

Challah Bread French Toast 12

Mascarpone coconut cream, vanilla essence maple syrup, fresh berries

Shellfish Cobb Salad 18

Garden greens, bacon bits, cucumbers, avocado, tomatoes, egg, shrimp & lobster meat, pumpkin seeds, gorgonzola cheese dressing

Smoked Salmon Platter 18

Poached egg, avocado, pickled red onions, tomatoes, citrus goat cream cheese, lemon, cucumber slice, choice of bagel

Shrimp Cocktail 16

Spicy cocktail sauce, charred lemon, lemon garlic aioli

Prime Burger or Turkey Burger 18

Swiss cheese, fried egg, sautéed onions, applewood smoked bacon, honey-wheat bun

Build Your Own Buttermilk Pancake + Belgian Waffle Station 15

Strawberries, blueberries, bananas, chocolate chips, toasted coconut, candied walnuts, vanilla whipped cream, maple syrup, mascarpone coconut cream

Build Your Own Bloody Mary Bar \$20

Shrimp, candied bacon, beef jerky, jalapeños, roasted red peppers, blue cheese & green olives, celery & carrot stalks, pepperoncini, artichoke hearts, cheddar and Monterrey jack cheese wedges

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular menu will not be offered during event. 48-hour cancellation policy in effect.*



BEGINS
WEDNESDAY

Jan.
5

New You *in the* New Year Challenge!

6-Week Program | Wellness Center | \$100* per person

This 6-week challenge is a perfect way to start the new year strong, combining fitness, nutrition, and wellness elements. Along with daily physical activity and proper nutrition. Points will be awarded for wellness-based tasks like meditation, eating good food sources, limiting screen time, steps, Seagate classes, and so much more!

Challenge Kick-off

**Wednesday, January 5 | 5pm
Wellness Center**

Begin with a body composition scan, challenge information, and program details.

You made it! Party

**Tuesday, February 15 | 5pm
Wellness Center Pool Deck**

You made it and deserve a party! Participants are invited to a celebration. Recognize all of your hard work with healthy drinks and appetizers. Prizes will be announced for:
Most Muscle Gained & Most Fat Lost

Virtual option available, please email Madeline Sperber for details
msperber@seagatedelray.com

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Price includes kick-off and ending party, complimentary access to all wellness classes during the program, and total body composition scan with results. 48-hour cancellation policy in effect*



Guided Meditation

Wednesday, January 5 | 6:30pm - 7pm
\$10 per person | Yacht Club

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep. With the glow of golden hour and the sounds of the water surrounding you in our one-of-a-kind space, join us to experience the beauty of a guided meditative practice overlooking the intracoastal .

Class Level: All Levels

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.
48-hour cancellation policy is in effect.

WEDNESDAY

Jan.
5



Why Cook? Wednesdays
Pub Night

Wednesday, January 5 | 5pm - 9pm

Adults \$19.95* | Kids 6 – 12 \$9.95* | Kids 5 & Under Complimentary
Country Club - Center Dining Room

STARTER

(Choose one)

Garden Greens Salad

Cucumber, avocado, tomatoes, shaved carrots, Bermuda onions, ranch dressing

New England Clam Chowder

Potatoes, cream, parsley, celery, onions, bacon

Potato Nachos

Crispy potato skin, cheese sauce, scallion, chopped bacon, sour cream

ENTRÉE

(Choose one)

Chicken Schnitzel

Garden greens salad, pickled radish, tomato, onions, balsamic reduction

Patty Melt

Challah bread, beef patty, cheese sauce, onions, tomato, fries

Fish & Chips

House-made potato wedges, beer-battered cod, chipotle tartar sauce, lemon wedge, tropical coleslaw

Grilled Skirt Steak

Mofongo, chimichurri sauce, crispy fried onions

Shrimp Scampi

Fettuccini pasta, white wine garlic butter sauce, parsley, charred lemon, French bread

DESSERT

(Choose one)

Warm Apple Pie

Vanilla ice cream

Brownie Sundae

Toasted coconut, vanilla whipped cream, sliced bananas, cherry, almonds

Pecan Pie

Caramel drizzle

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*



Movie Night

Friday, January 7 | 6pm
Beach Club - Boardwalk

Coco

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.

FRIDAY

Jan.
7



Date Night

Friday, January 7 | 5pm - 9pm

À la Carte Menu | \$20* per Child for Drop-Off + Dinner

Country Club - Center Dining Room + Grill Bar

We have everything needed for your next date night, including ½ off featured wine bottles with Chef's weekly specials and entertainment.

Kids' Club will be available for drop-off for children 5 years of age and older from 5pm-9pm, including dinner for \$20 per child.

Complete your drop-off form prior to your arrival.
(You may request the form from the Hotel Concierge.)

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Children under the age of 5 are not permitted for drop-off.
48-hour cancellation policy is in effect.*



Why Cook? Wednesdays
Taco Night

Wednesday, January 12 | 5pm - 9pm

Adults \$19.95* | Kids 6 – 12 \$9.95* | Kids 5 & Under Complimentary
Country Club - Center Dining Room

STARTER

(Choose one)

Chips & Salsa

House-made tortilla chips, guacamole, sour cream

Chicken Enchilada Soup

Sour cream, tortilla strips, lime

Taco Salad

Tortilla bowl, iceberg lettuce, corn + black bean salsa, sour cream, scallion, pico de gallo, cilantro lime dressing

ENTRÉE

(Choose one)

3 Tacos

Served on soft corn tortillas.
 Toppings: shredded lettuce, tomato, onion, cilantro, cotija cheese, grilled Mexican corn
 Choice: chicken, ground beef, shrimp

Seagate Burrito

Ground beef, flour tortillas, beans, cilantro rice, shredded cheese, lettuce, pico de gallo, sour cream, guacamole

Chicken Quesadilla

Grilled chicken breast, cheese, peppers, onion, chipotle ranch, chili potato wedge
 Side: salsa, guacamole, lime, shredded lettuce

Seagate Build Your Fajita

Steak & chicken, 4 soft corn tortillas, peppers, onion, sour cream, pico de gallo, beans, cilantro rice

DESSERT

(Choose one)

Fried Ice Cream

Rum-raisin ice cream, whipped cream, toasted coconut, cherry, chocolate sauce

Baked Churros

Caramel drizzle, cinnamon sugar, vanilla ice cream

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*

WEDNESDAY

Jan.
19



Why Cook? Wednesdays
Family Night

Wednesday, January 19 | 5pm - 9pm

Adults \$19.95* | Kids 6 – 12 \$9.95* | Kids 5 & Under Complimentary
Country Club - Center Dining Room

STARTER

(Choose one)

Garden Greens Salad

Shaved cucumber, red grapes, Bermuda onions, hearts of palm, balsamic vinaigrette

Italian Wedding Soup

Mini meatballs, carrots, parmesan cheese, escarole, chicken stock, sweet onion, celery

Caprese Salad

Mozzarella cheese, shaved red onions, fresh basil, bread crusted tomato, balsamic reduction

Clams Casino

Apple smoked bacon, bell peppers, panko, scallion garni, lemon aioli

ENTRÉE

(Choose one)

Chicken Parmesan

Tomato basil sauce, fettuccine pasta, crispy parsley, shaved parmesan

Fettuccine & Meatballs

Tomato basil sauce, basil ricotta, parmesan cheese

Lemon Roasted Half Chicken

Parsley, crispy fingerling potatoes, steamed broccoli, brown chicken jus

Grilled Ribeye

Garlic mashed potatoes, cream of spinach, red wine shallot sauce

Grilled Cheese

Cheddar cheese, tomato basil sauce, fries

DESSERT

(Choose one)

Warm Berry Cobbler

Vanilla ice cream, whipped cream

Chocolate S'mores

Chocolate mousse, graham crackers, marshmallows, chocolate sauce

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*



Movie Night

Friday, January 21 | 6pm
Beach Club - Boardwalk

Mary Poppins Returns

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.

WEDNESDAY

Jan.
26



Why Cook? Wednesdays

Burgers & Brews

Wednesday, January 26 | 5pm - 9pm

Adults \$19.95* | Kids 6 – 12 \$9.95* | Kids 5 & Under Complimentary

Country Club - Center Dining Room

STARTER

(Choose one)

Greek Salad

Romaine, cucumber, red pepper, marinade feta cheese, pickled red onions, oregano vinaigrette

Bacon-Wrapped Dates

Andouille sausage, goat cheese, tomato confit

Smoked Fish Dip

Rosemary focaccia crostini, scallions

Loaded Potato Skins

Cheese sauce, bacon, jalapeños, sour cream, scallions

ENTRÉE

(Choose one)

Cheese Burger

Bacon, cheddar, LTO, brioche bun

Beyond Burger

Tomato, lettuce, red beet tzatziki, crispy onions, multigrain bread

Melted Brie Burger

Horseradish aioli, tomato bacon jam, arugula, brioche bun

Grilled Bourbon Chicken Breast

Pineapple relish, tomato, brioche bun

Turkey Avocado Burger

Savory turkey meat, avocado slices, roasted tomato aioli, charred jalapeños, arugula, honey wheat bun

DESSERT

(Choose one)

Ice Cream Banana Boat Split

Chocolate ice cream, vanilla ice cream, chocolate sauce, whipped cream, cherry, English toffee

Key Lime Pie

Whipped cream, candy lime, white chocolate sauce

Nutella Crème Brulée

Fresh blackberry slice, orange zest

All handheld served with choice of fries, beer-battered onion rings or a small salad. Gluten-free buns are available upon request.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*



Movie Night

Friday, January 28 | 6pm
Beach Club - Boardwalk

The Croods: A New Age

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.



EVERY
FRIDAY
TO
SUNDAY

Weekend Cookout

Fridays, Saturdays & Sundays | 11:30m - 3pm
Adults \$20* | Kids 6 - 12 \$12* | Kids 5 & Under Complimentary
Country Club - Courtyard

Let's Grill!

Enjoy sizzling selections
hot off the grill.

**Plus tax. and gratuity.*

Available from November 1, 2021 - April 30, 2022.



The SeaCreation Facial by BABOR

90 Minutes | \$500*

The Sea-telligent Complex improves skin functions, protects the skin against premature aging and demonstrably reduces existing signs of aging.



SEAGATE
SPA

To book your appointment,
call 561-665-4950.

**Price does not include 20% gratuity.*

The Seagate Hotel & Spa

AQUA RESORTWEAR

Hours
10am - 6pm | Mon. - Sat.
10am - 6pm | Sun.
Closed Thanksgiving Day

Phone
561-665-4940

ETC. CAFÉ & GIFTS

Hours
Café: 6:30am - 6pm | Mon. - Sun.
Gifts: 7am - 8pm | Mon. - Sun.

Phone
Café: 561-665-4921
Gifts: 561-665-4922

FITNESS CENTER

Hours
24 Hours

HOTEL POOL

Hours
Sunrise - Sundown

IN-ROOM DINING

Breakfast Menu
7am - 11am

Evening Menu
5:30pm - 10pm

All Day Dining
11am - 10pm

SEAGATE SPA

Hours
10am - 6pm | Mon. - Sun.

Reservations
561-665-4950 or [Book Online.](#)

ATLANTIC GRILLE + BAR

Breakfast
7:30am - 11am | Mon. - Fri.
7:30am - 9am | Sat. & Sun.

Brunch
9am - 2:30pm | Sat. & Sun.

Lunch
11am - 2:30pm | Mon. - Fri.

Dinner
5:30pm - 10pm | Sun. - Thu.
5:30pm - 11pm | Fri. & Sat.

Happy Hour
4pm - 6pm | Daily

Reservations
Call 561-665-4900 or [Book Online.](#)

The Seagate Beach Club

POOL & BEACH SERVICE

Hours
9am - 5pm | Daily

DINING

Lunch
11:30am - 3pm | Daily

Lite Fare
3pm - 9pm | Daily

Dinner
5pm - 9pm | Daily

Happy Hour
4pm - 6pm | Monday - Friday

Reservations
Call 561-330-3775

Delray Beach Water Sports Rentals

399 S. Ocean Blvd., Delray Beach
561-279-0008
[delraybeachwatersports.com](#)

ONSITE EQUIPMENT

RENTAL

	1 HR	2 HR
1 Man Kayak	\$30	\$45
2 Man Kayak	\$40	\$60
Windsurf Gear	\$75	\$150
Surf Soft	\$15	\$23
Surf Epoxy	\$20	\$30
Supaddle Board Epoxy	\$35	\$50
Boogie Board	\$10	\$15
Skim Board	\$20	\$30
Mask, Snorkel & Fins	\$20	\$30

SAILBOATS

	1 HR	2 HR
Hobie Wave 14'	\$90	\$135
Hobie Getaway 16'	\$140	\$210
Hobie High Performance 16'	\$200	\$300
Boat Captain (1 to 4 persons + rental)	\$60	\$90

LESSONS

	1 HR	2 HR
One Person	\$70	\$105
Kite Surfing Intro	\$50 and Up	

Group rates available.
Call for additional packages.

The Seagate Country Club

RAQUETS PRO SHOP

Hours

8am - 4pm | Mon. - Fri.

8am - 1pm | Sat. - Sun.

GOLF PRO SHOP

Hours

12pm - 5:30pm | Mon.

7am - 5:30pm | Tue. - Sun.

WELLNESS CENTER

Hours

5am - 11pm | Mon. - Sun.

DINING

Reservations

Call 561-498-8070

19TH HOLE

Continental Breakfast

7am - 10:30am | Daily

Menu with Grab & Go Option

7am - 3pm | Daily

Beverage Cart

12pm - 4pm

9am - 4pm | Tuesday - Sunday

UPSTAIRS DINING

Lunch Service

Center Dining Room

11am - 3pm | Tuesday - Saturday

Lounge Menu

Grill Bar

3pm - 7:30pm | Tuesday - Saturday

Happy Hour

4pm - 6pm | Tuesday - Friday

Dinner Service

Center Dining Room

5pm - 9pm | Wednesday - Friday



WELLNESS CENTER

When members and Seagate Hotel guests walk into The Seagate Technogym facility, they will be welcomed into a space that boasts high energy while focusing on total mind/body wellness. Our state-of-the-art facility houses more than 35 pieces of wall-to-wall Technogym equipment with an Omnia Room and Pure Strength side dedicating separate areas for cardio, Kinesis stations, warm-up/cool down, and free weights.

Open Monday - Sunday 5:00 am - 11:00 pm. Limited classes, personal training and complimentary virtual classes are available.

Schedule an appointment

msperber@seagatedelray.com

RACQUETS CENTER POLICIES & PRICING

1. All guests must sign-up for court time, lessons, and clinics prior to play via email at jphillips.seagatedelray.com or text 561-475-0652.
2. Due to high demand, guests are encouraged to sign-up 48 hours prior to play.
3. Guests have until 48 hours prior to play to cancel their reservation without being fully charged.
4. Court time is available for guests 7 days a week beginning at 11am until 7pm.
5. Guests have a 6-ball limit on court. (no ball hoppers allowed)

Lesson/Clinic Prices (effective November 1st, 2021)

60-Minute Lesson: \$100/person

30-Minute Lesson: \$60/person

60-Minute Group of 2 Lesson: \$60/person

60 Minute Group of 3 Lesson: \$40/person

60 Minute Group of 4 Lesson: \$35/person

60 Minute Clinic: \$35/person

(Guests have until 48 hours prior to lesson/court time to cancel without being fully charged)