



THE COLONNADE ROOM

MONDAY SEP.18,

ROAST TURKEY

– Slices of white and dark roast turkey served over cornbread stuffing and topped with turkey gravy –

Df BLUE ZONE INSPIRED TOFU VEGETABLE STIR FRY

– A savory dish of edamame, garlic, sweet bell peppers, mushrooms & stir fry sauce over Lo Mein noodles –

CHEF'S SPECIAL CHEESE RAVIOLI WITH SAUSAGE MEAT SAUCE

– Buratta cheese ravioli's topped with an mild Italian sausage meat sauce –

TEMPURA SHRIMP

– Tempura dipped shrimp deep fried til golden brown and served with sweet chili dipping sauce –

Df Gf BLACKENED SWORDFISH

– Lightly blackened swordfish topped with a grilled pineapple lime relish –

♥ HEART HEALTHY OPTION

– Plain white meat turkey with green beans and plain mashed potatoes –

MASHED POTATOES & GRAVY

Df Gf BROWN RICE

Gf ROASTED ACORN SQUASH

Df Gf GREEN BEANS

Df Gf SOUP DU JOUR: BEEF VEGETABLE

Gf ♥ SALAD: TOSSED GARDEN

Df SOUP DU JOUR: ITALIAN MINESTRONE

TUESDAY SEP.19,

♥ Gf RACK OF LAMB

– Juicy rack of lamb with rosemary demi and mint jelly –

Df ♥ BLUE ZONE INSPIRED VEGETARIAN RED BEANS AND RICE

– A delicious blend of peppers, onions, tomato, plant based sausage and red beans over brown rice. –

CHEF'S SPECIAL VEAL PARMESAN

– Italian breaded veal cutlet with marinara sauce, mozzarella & parmesan cheese –

CHICKEN FLORENTINE

– Seared chicken breast topped with a creamy artichoke spinach –

HORSERADISH CRUSTED SALMON

– Salmon topped with panko horseradish crust, baked and finished with a honey mustard aioli –

♥ HEART HEALTHY OPTION

– Broiled salmon served with broccoli and rosemary roasted potatoes –

♥ Df Gf BROCCOLI

♥ Df Gf SUCCOTASH

Df Gf ROASTED ROSEMARY POTATOES

PENNE PASTA W/ RED SAUCE

SOUP DU JOUR: ASPARAGUS BISQUE

♥ Gf SALAD: PEACHES AND COTTAGE CHEESE

WEDNESDAY SEP.20,

MANAGEMENT COCKTAIL BUFFET

– SEPTEMBER 20, 2023 –

BLACKENED SALMON W/ MANGO SALSA

PORK LOIN W/ CHERRY BALSAMIC SAUCE

CHICKEN AND GNOCCHI W/ A LA KING SAUCE

STUFFED SHELLS W/ MARINARA AND MOZZARELLA

CARVED BEEF TENDERLOIN W/ ROSEMARY PORT DEMI

FRESH VEGETABLE MEDLEY

ROASTED BUTTERNUT SQUASH

HERB AND GARLIC ROASTED POTATOES

WILD RICE PILAF

ASSORTED DESSERTS, CAKES AND PIES

Week 3: Please Email orders to arbortracekitchen@gmail.com or Call 239-591-4851 between 1PM and 4PM.

Dining Room is open for reservations, Please Call 239-438-4668 between 12noon to 3PM.



THE COLONNADE ROOM

THURSDAY SEP. 21,

Df MONGOLIAN BEEF

– Tender beef tossed with sweet soy glaze, snipped green onions and garlic, served with rice –

Df Gf **♥** BLUE ZONE INSPIRED GRILL EGGPLANT PIPERADE

– Grilled eggplant topped with stewed peppers and onions –

CHEF'S SPECIAL PORK SCHNITZEL

– Hand breaded pork cutlet pan fried and served with a lemon cream sauce and crispy capers –

Df HONEY MUSTARD BAKED BONE-IN CHICKEN

– Bone-in chicken quarter baked with a honey mustard glaze. –

BEER BATTERED FLOUNDER

– Beer battered flounder fried til golden brown, served with lemon dill aioli –

♥ HEART HEALTHY OPTION

– Grilled chicken breast served with corn and mashed potatoes –

ORGANIC CHEESE GRITS

♥ Df Gf JASMINE RICE

Df Gf CAULIFLOWER

♥ Df Gf SWISS CHARD

Df SOUP DU JOUR: CHICKEN & BARLEY

♥ SALAD: KALE SLAW

FRIDAY SEP. 22,

Df SHORT RIB

– Boneless beef short rib slow cooked and served in its own delectable gravy –

Df Gf BLUE ZONE INSPIRED HEARTY VEGETABLE CHILI

– Sautéed sweet bell peppers, caramelized onions, roasted corn, cilantro & bean trio –

Df Gf CHEF'S SPECIAL PAN SEARED PORK CHOP

– Hand cut pork chop seasoned & seared, topped with a bacon onion jam –

SAUTÉED CHICKEN MADEIRA

– Tender all white meat sautéed chicken scaloppine with a sun dried tomato mushroom Madeira sauce –

Df CRAB STUFFED BROILED GROUPE

– Grouper stuffed with a crab filling, baked with white wine and herbs –

♥ HEART HEALTHY OPTION

– Herbed baked grouper served with yellow rice and carrots –

Df Gf YELLOW RICE

♥ Gf MASHED SWEET POTATOES

Df Gf HONEY GLAZED CARROTS FRIED OKRA

Df Gf SOUP DU JOUR: MANHATTAN CLAM CHOWDER

♥ SALAD: APPLE AND BLEU CHEESE

SATURDAY SEP. 23,

Df Gf SLOW ROASTED ANGUS PRIME RIB

– Served with au jus & horseradish sauce –

BLUE ZONES INSPIRED VEGETABLE LASAGNA

– Fresh pasta layered with béchamel sauce, romano cheese & roasted vegetables topped with marinara sauce –

Df Gf CHEF'S SPECIAL CREOLE SHRIMP

– Lightly blackened shrimp in a sweet pepper, onion, tomato Creole sauce –

Df Gf BRAISED CHICKEN CURRY

– Boneless chicken thighs seared and braised in lemon grass, ginger, coconut milk, garlic & curry sauce –

MACADAMIA NUT CRUSTED MAHI

– Mahi crusted with panko and macadamia nuts, pan seared and topped with grilled pineapple lime salsa –

♥ HEART HEALTHY OPTION

– Baked mahi topped with grilled pineapple lime salsa, served with beets and baked potato –

Gf BUTTON MUSHROOMS W/ GARLIC SAUCE

♥ Df Gf ROASTED BEETS W/ BASIL

Gf BACON CHEDDAR MASHED POTATOES

♥ Df Gf BAKED POTATO

SOUP DU JOUR: TURKEY NOODLE

Gf SALAD: ITALIAN CHOPPED

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