



## THE COLONNADE ROOM

*Monday Nov.20*

**ROAST TURKEY**

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

**Df ♥ BLUE ZONE INSPIRED VEGETABLE CHILI**

– Meatless soy crumbles, pinto beans, roasted sweet bell peppers, Vidalia onions, tomatoes and squash –

**CHEF'S SPECIAL OLD FASHION MEATLOAF**

– Seasoned ground beef with onions, breadcrumbs and ketchup –

**CHEF'S SPECIAL JUMBO FRIED SHRIMP**

– Panko breaded shrimp deep fried til golden brown served with cocktail sauce –

**Gf GRILLED MAHI WITH MAPLE BACON GLAZE**

– Char grilled mahi topped with a maple bacon glaze –

**♥ HEART HEALTHY OPTION**

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

**Df Gf STEAMED JASMINE RICE**

**MASHED POTATOES & GRAVY**

**Df Gf GREEN BEANS**

**Gf ROASTED CARROTS**

**SOUP DU JOUR:  
SAUSAGE SPINACH  
TORTELLINI**

**SALAD: TOSSED  
GARDEN**

*Tuesday Nov.21*

**Df ♥ Gf RACK OF LAMB**

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

**Gf ♥ BLUE ZONE INSPIRED ZUCCHINI & CORN CASSEROLE**

– Layered Blend of Bell Peppers, Onions, Zucchini, Corn & Tomatoes –

**Gf CHEF'S SPECIAL FRENCH ONION SMOTHERED PORK CHOP**

– Seared pork chop topped with caramelized onions & provolone cheese. –

**Gf PAN SEARED CHICKEN BREAST**

– Pan seared chicken breast topped with a prosciutto sage butter sauce –

**Gf BLACKENED SNAPPER**

– Blackened snapper served with lemon –

**♥ HEART HEALTHY OPTION**

– Baked snapper served with asparagus and mashed sweet potatoes –

**Df Gf SEASONAL VEGETABLE MEDLEY**

**Df Gf STEAMED ASPARAGUS**

**Df Gf ROASTED ROSEMARY POTATOES**

**CREAMY PESTO PENNE  
SOUP DU JOUR: TOMATO  
BASIL BISQUE**

**SALAD: CARROT RAISIN  
SALAD**

*Wednesday Nov.22*

**Df FIRE GRILLED ANGUS FILET MIGNON**

– With rosemary demi –

**♥ Gf BLUE ZONE INSPIRED THAI RED RICE AND TOFU STIR FRY**

– Stir fried vegetables tossed with fried tofu & peanut sauce over Thai rice –

**Df CHEF'S SPECIAL LIVER AND ONIONS**

– Pan seared veal liver with a caramelized onions, bacon and brown gravy. –

**Df Gf DILL ROASTED SALMON**

– Dill roasted salmon topped with hollandaise and dice tomatoes –

**MARYLAND STYLE CRAB CAKES**

– Homemade crab cakes pan seared till golden brown served with remoulade –

**♥ HEART HEALTHY OPTION**

– Char grilled filet mignon served with baked potato and broccoli w/ red peppers –

**POTATO AUGRATIN**

**Df Gf BAKED POTATO**

**Df Gf LIMA BEANS W/ BACON**

**Df Gf ♥ BROCCOLI AND RED PEPPERS**

**SOUP DU JOUR:  
BUTTERNUT SQUASH  
BISQUE**

**SALAD: ISLANDER**

Week 2: Please Email orders to [arbortracekitchen@gmail.com](mailto: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

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Thursday Nov.23

- SHRIMP COCKTAIL**
- Gf ♥ FRESH FRUIT**
- Df Gf ROASTED TURKEY**
- CRISPY DUCK W/ ORANGE GLAZE**
- Df BAKED HAM W/ FRUIT SAUCE**
- ♥ SALMON W/ FRESH DILL**
- ♥ Df FRESH GREEN BEANS W/ ALMONDS**
- OLD FASHIONED MASHED POTATOES**
- CANDIED PECAN SWEET POTATO**
- Gf CORNBREAD STUFFING**
- SWEET CORN PUDDING**
- CRANBERRY RELISH**
- ASSORTED DESSERTS**  
- PUMPKIN PIE, APPLE PIE, PECAN PIE -

Friday Nov.24

- Df SHORT RIB**  
- Boneless beef short rib slow cooked and served in its own delectable gravy -
- BLUE ZONE INSPIRED EGGPLANT PARMESAN**  
- Panko breaded eggplant with marinara, mozzarella & capellini pasta -
- CHEF'S SPECIAL FRIED CHICKEN**  
- Southern style fried bone-in chicken. A combination of white and dark -
- COQUILLE ST. JACQUES**  
- Large scallops in a sherry cream sauce and baked to perfection -
- CRAB STUFFED WHITEFISH**  
- Whitefish filled with homemade crab stuffing, baked and topped with a tarragon mustard cream sauce -
- ♥ Gf HEART HEALTHY OPTION**  
- Baked whitefish served with vegetable rice and cauliflower -
- Df VEGETABLE RICE PILAF**
- Gf MASHED SWEET POTATOES**
- Gf MUSHROOMS W/ GARLIC SAUCE**
- Df Gf CAULIFLOWER**
- SOUP DU JOUR: SCALLOP CHOWDER**
- SALAD: GOAT CHEESE AND PEAR**

Saturday Nov.25

- Df Gf SLOW ROASTED ANGUS PRIME RIB**  
- Served with au jus & horseradish sauce -
- ♥ BLUEZONE INSPIRED GRILLED VEGETABLE NAPOLEON**  
- Grilled portobello, zucchini, yellow squash and fresh mozzarella. Drizzled with balsamic glaze -
- CHEF'S SPECIAL CHICKEN MARSALA**  
- Seared chicken breast topped with a mushroom marsala sauce -
- Gf SAUTÉED SHRIMP AND PANCETTA**  
- Garlic, shallots, white wine butter sauce with sundried tomatoes topped with crispy pancetta -
- Gf ♥ BAKED HADDOCK**  
- Baked haddock served with lemon and tartar sauce -
- ♥ HEART HEALTHY OPTION**  
- Baked haddock served with baked potato and vegetable blend -
- Gf HORSERADISH WHIPPED POTATOES**
- Df Gf VEGETABLE BLEND**
- Df Gf BAKED POTATO**
- Df Gf SAUTÉED SPINACH**
- SOUP DU JOUR: GROUND BEEF, CABBAGE AND POTATO**
- SALAD: SHRIMP CAESAR**

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