



THE COLONNADE ROOM

MONDAY NOV.27,

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

Gf ♥ SALAD: TOSSED GARDEN

SOUP DU JOUR: TUSCAN WHITE BEAN

TUESDAY NOV.28,

♥ 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 w/ red peppers and mashed sweet potatoes –

♥ Df Gf BROCCOLI

♥ Df Gf SUCCOTASH

Df Gf ROASTED ROSEMARY POTATOES

PENNE PASTA W/ RED SAUCE

SOUP DU JOUR: CHEDDAR BROCCOLI

♥ Gf SALAD: PEACHES AND COTTAGE CHEESE

WEDNESDAY NOV.29,

Df FIRE GRILLED ANGUS FILET MIGNON

– With rosemary demi –

BLUE ZONE INSPIRED GRILLED VEGETABLE QUESADILLA

– Grilled portobello, asparagus, onions, sliced tomato, & jack cheese with sour cream, salsa & guacamole –

CHEF'S SPECIAL CHICKEN ALA KING

– Chunks of all white meat chicken simmered with sweet bell peppers, onions, & wild mushrooms over white rice –

Gf SHRIMP AND GRITS

– Sautéed shrimp, sweet peppers, shallots, & pancetta with stone ground cheese grits –

Gf POACHED SALMON

– Fresh Atlantic salmon poached in a white wine herb stock and topped with creamy tarragon sauce –

♥ HEART HEALTHY OPTION

– Poached salmon served with asparagus and white rice –

Df Gf WHITE RICE

♥ Df Gf BAKED POTATO

Df Gf ♥ ASPARAGUS

BUTTERED GARDEN PEAS AND PEARL ONIONS

Df SOUP DU JOUR: ITALIAN MINISTRONE

Gf SALAD: GREEK SALAD

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 NOV.30,

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 spinach and mashed potatoes –

ORGANIC CHEESE GRITS

♥ Df Gf JASMINE RICE

Df Gf CAULIFLOWER

♥ Df Gf SWISS CHARD

Df SOUP DU JOUR: BUTTERNUT SQUASH

♥ SALAD: KALE SLAW

FRIDAY DEC.1,

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 GROUPEUR

– 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 SAFFRON YELLOW RICE

♥ Gf MASHED SWEET POTATOES

Df Gf BABY CARROTS W/ DILL FRIED OKRA

Df Gf SOUP DU JOUR: MANHATTAN CLAM CHOWDER

♥ SALAD: APPLE AND BLEU CHEESE

SATURDAY DEC.2,

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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