



## THE COLONNADE ROOM

MONDAY DEC.4,

### **ROAST TURKEY**

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

### **Df Gf ♥ BLUE ZONE INSPIRED RED BEAN AND SWEET POTATO HASH**

– A nutrient dense dish filled with red bean, sweet potato, shallots, garlic & fresh thyme –

### **CHEF'S SPECIAL JUMBO FRIED SHRIMP**

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

### **BAKED PIT HAM**

– With Roasted Fuji Apples –

### **Gf GRILLED SALMON W/ CARIBBEAN RUM SAUCE**

– Fresh Atlantic salmon grilled on topped with a Caribbean rum sauce –

### **♥ HEART HEALTHY OPTION**

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

### **MASHED POTATOES & GRAVY**

### **Gf Df ♥ MIXED VEGETABLE BLEND**

### **HERB STUFFING**

### **Df Gf GREEN BEANS**

### **SOUP DU JOUR: CHICKEN NOODLE**

### **Gf ♥ SALAD: TOSSED GARDEN**

TUESDAY DEC.5,

### **MARINATED RACK OF LAMB**

– Grilled rack of lamb marinated with garlic and rosemary. served with cabernet demi & a side of mint jelly –

### **Gf BLUE ZONE INSPIRED BLACKENED CAULIFLOWER STEAK**

– Fresh cauliflower steak blackened and served with macadamia nut pesto, lemon ricotta and wilted greens –

### **CHEF'S SPECIAL BEEF TIP AND MUSHROOMS**

– Tender beef and mushrooms simmered in a rich beef gravy and served over Yukon mashed potatoes –

### **Gf BAKED TERIYAKI GLAZED PORK CHOP**

– Hand cut pork chop baked with a teriyaki glaze and topped with a grilled pineapple relish –

### **BAKED CAJUN GARLIC BUTTER COD**

– Cod Baked with a Cajun Garlic Butter. –

### **HEART HEALTHY OPTION**

– Baked cod served with broccoli and vegetable rice –

### **Gf HERB ROASTED BUTTON MUSHROOMS**

### **Gf YUKON MASHED POTATOES**

### **BROCCOLI**

### **Gf VEGETABLE RICE**

### **SALAD: APPLE & BLEU CHEESE**

### **SOUP DU JOUR: KIELBASA POTATO & CABBAGE SOUP**

WEDNESDAY DEC.6,

### **TREE LIGHTING BUFFET**

### **CARVED BEEF TENDERLOIN W/ BEARNAISE SAUCE**

### **APPLE BRIE STUFFED CHICKEN W/ CRANBERRY MORNAY**

### **GRILLED PORK TENDERLOIN W/ MUSHROOM MARSALA SAUCE**

### **EGGPLANT BRUSCHETTA**

### **GRILLED SWORDFISH PUTTANESCA**

### **BRUSSELS SPROUT W/ PANCETTA**

### **ROASTED POTATOES W/ PEPPERS AND ONIONS**

### **ASPARAGUS W/ TOASTED PINE NUTS**

### **VEGETABLE RICE MEDLEY**

### **ASSORTED DESSERTS**

### **CAKES AND PIES**

Week 4: 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

THURSDAY DEC.7,

**NEW YORK STRIP STEAK**

– 10 oz hand cut new york strip char grilled to your liking and served with a mushroom merlot demi –

**BLUE ZONE INSPIRED TEX MEX QUESADILLA**

– Tex mex seasoned tofu, tomatoes, peppers, onions and cheddar in a griddled tortilla. Served with guacamole, sour cream and salsa –

**CHEF'S SPECIAL MANICOTTI W/ SHORT RIB MEAT SAUCE**

– Cheese filled manicotti topped with a short rib meat sauce and parmesan cheese –

**BRAISED LAMB SHANK**

– Lamb shank braised with herbs and vegetables. Served with a rich pan gravy –

**TOASTED ALMOND CRUSTED GROUPE**

– Grouper filet crusted with toasted almonds baked and topped with a beurre blanc sauce –

**♥ Df Gf HEART HEALTHY OPTION**

– Grilled chicken breast served with collard greens and wild rice pilaf –

**Df WILD RICE PILAF**

**♥ Df Gf BAKED SWEET POTATO**

**BRAISED COLLARD GREENS**

**Df Gf BABY CARROTS W/ DILL**

**SOUP DU JOUR: TOMATO**

**♥ SALAD: STRAWBERRY PECAN**

FRIDAY DEC.8,

**Df SHORT RIB**

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

**BLUE ZONE INSPIRED IMPOSSIBLE BURGER**

– A meatless alternative burger made of plant based ingredients char grilled served on a kaiser roll –

**CHEF'S SPECIAL TURKEY POT PIE**

– Creamy turkey and vegetables baked in a golden flakey pie crust –

**LINGUINI AND WHITE CLAM SAUCE**

– White wine, garlic, shallots in a white clam sauce served over linguine –

**Df BASIL PESTO CRUSTED BAKED SALMON**

– Fresh Atlantic salmon topped with basil pesto bread crumb and baked –

**♥ HEART HEALTHY OPTION**

– Baked Salmon served with whipped potatoes and mixed fresh vegetable –

**BUTTERED LINGUINE**

**Gf WHIPPED POTATOES**

**♥ Df Gf SUGAR SNAP PEAS**

**♥ Df Gf MIXED VEGETABLE MEDLEY**

**Df Gf SOUP DU JOUR: NAVY BEAN AND HAM**

**Df Gf SALAD: SEAFOOD SALAD**

SATURDAY DEC.9,

**Df Gf SLOW ROASTED ANGUS PRIME RIB**

– Served with au jus & horseradish sauce –

**Gf ♥ BLUE ZONE INSPIRED GARBONZO BEAN & BROWN RICE**

– Spiced baby carrots, chickpeas, sweet bell peppers, scallions & golden raisins over brown rice –

**CHEF'S SPECIAL CHICKEN RAVIOLI'S**

– Ravioli's filled with grilled chicken and ricotta cheese and topped with a portobello gorgonzola demi –

**Gf SHRIMP SCAMPI**

– Sautéed shrimp in a lemon garlic butter scampi sauce over brown rice –

**BROILED TILAPIA PARMESAN**

– Tilapia topped with parmesan crust and baked till golden brown –

**♥ HEART HEALTHY OPTION**

– Broiled tilapia Served with brown rice and cauliflower –

**♥ Df Gf BAKED POTATO**

**♥ Gf BROWN RICE**

**CREAMED SPINACH**

**Df ♥ Gf CAULIFLOWER**

**SOUP DU JOUR: NEW ENGLAND CLAM CHOWDER**

**SALAD: SHRIMP CEASAR**

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