



THE COLONNADE ROOM

MONDAY FEB.5

ROAST TURKEY

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

BLUE ZONE INSPIRED TOFU AND VEGETABLE STIR FRY

– A savory dish of edamame, garlic, sweet bell peppers, mushrooms and stir fry sauce. Served over white rice –

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 –

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 –

♥ Df Gf BROWN RICE

MASHED POTATOES & GRAVY

GREEN BEANS

Gf ROASTED ACORN SQUASH

SOUP DU JOUR: TUSCAN WHITE BEAN

SALAD: TOSSED SALAD

♥ 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 roasted 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 FEB.7

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 BLACKENED CHICKEN RICE BOWL

– Blackened chicken, shaved brussel sprouts, black beans, onions, sweet potato and cilantro over brown rice and finished with avocado cream drizzle –

Gf SHRIMP AND GRITS

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

TILAPIA VERACRUZ

– Tilapia Broiled with onions, olives, capers, tomatoes and topped with crabmeat –

♥ HEART HEALTHY OPTION

– Baked tilapia served with asparagus and brown rice –

♥ Gf Df BROWN RICE

♥ Df Gf BAKED POTATO

Df Gf ♥ ASPARAGUS

BUTTERED GARDEN PEAS AND PEARL ONIONS

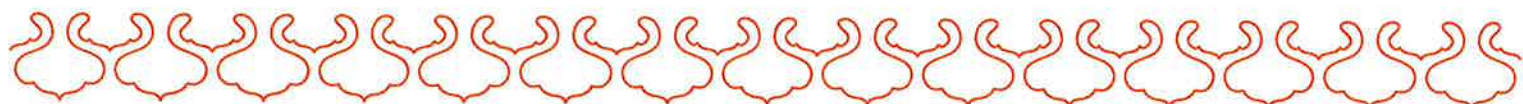
Df SOUP DU JOUR: ITALIAN MINISTRONE

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 FEB.8

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 –

CHEESY BACON BAKED CHICKEN

– Seared chicken breast topped with cheddar, cream cheese, bacon and baked, drizzled with avocado ranch. –

LEMON DILL BAKED FLOUNDER

– Flounder seasoned with lemon and dill and baked –

HEART HEALTHY OPTION

– Lemon dill baked flounder served with swiss chard and jasmine rice –

ROASTED FINGERLING POTATOES

♥ **Df Gf** JASMINE RICE

Df Gf CAULIFLOWER

♥ **Df Gf** SWISS CHARD

Df SOUP DU JOUR: BUTTERNUT SQUASH

♥ **SALAD: KALE SLAW**

FRIDAY FEB.9

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 –

CHICKEN NOODLE CASSEROLE

– A casserole of chicken, mushrooms, peas, carrots and egg noodles in a creamy sauce, topped with bread crumbs til golden brown –

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 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 FEB.10

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 –

COD AU GRATIN

– A casserole of cod, carrots, celery and onions in a bechamel sauce, topped with seasoned bread crumbs and baked til golden brown –

♥ **HEART HEALTHY OPTION**

– Grilled chicken breast served with roasted 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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