



## THE COLONNADE ROOM

### MONDAY FEB.19

#### **ROAST TURKEY**

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

#### **GF BLUE ZONE INSPIRED VEGETABLE BAKE**

– Tender broccoli, peppers and cauliflower blended with quinoa and pomodoro sauce layered with zucchini –

#### **DF CHEF'S SPECIAL YANKEE POT ROAST**

– Slow cooked roast with fresh herbs, onions, carrots, celery and potatoes –

#### **FISHERMAN'S PLATTER**

– Beer battered pacific Whiting, clam strips & scallops with lemon, cocktail & tartar sauce –

#### **SHRIMP AND SCALLOP STUFFED SOLE**

– Baked sole stuffed with scallop and shrimp stuffing. –

#### **HEART HEALTHY OPTION**

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

#### **MASHED POTATOES & GRAVY**

#### **DF GF JASMINE RICE**

#### **DF GF CUT CORN**

#### **DF GF GREEN BEANS**

#### **DF SOUP DU JOUR: PORK AND BOK CHOY**

#### **GF HEART SALAD: TOSSED GARDEN**

### TUESDAY FEB.20

#### **GF HEART RACK OF LAMB**

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

#### **GF BLUE ZONE INSPIRED ROASTED TOMATO AND GNOCCHI**

– Potato gnocchi in pesto sauce with roasted tomatoes, fresh mozzarella and parmesan cheese –

#### **GF CHEF'S SPECIAL GRILLED PORK TENDERLOIN**

– Marinated pork tenderloin char grilled and served with honey garlic sauce –

#### **SOUTHERN FRIED CHICKEN LIVERS**

– Buttermilk marinated chicken livers battered and deep fried served with house bistro dipping sauce –

#### **PISTACHIO CRUSTED TILAPIA**

– Pistachio crusted tilapia baked and topped with mango salsa –

#### **HEART GF HEART HEALTHY OPTION**

– Baked tilapia served with asparagus and mashed sweet potatoes –

#### **CREAMY PESTO GNOCCHI**

#### **GF HEART MASHED SWEET POTATOES**

#### **DF GF HEART ROASTED BEETS**

#### **DF GF HEART ASPARAGUS**

#### **SOUP DU JOUR: CREAMY POTATO AND HAM**

#### **GF SALAD: WALDORF**

### WEDNESDAY FEB.21

#### **GRILLED 7 OZ BEEF TENDERLOIN FILET**

– Filet of beef tenderloin grilled to your taste and served with rosemary demi –

#### **DF GF BLUE ZONE INSPIRED STUFFED PEPPER**

– Kale, garlic, tomato, mushroom's, pine nut's & brown rice stuffed sweet pepper simmered in tomato broth –

#### **CHEF'S SPECIAL SHRIMP TORTELLINI MARINARA**

– Cheese tortellini pasta tossed with shrimp and roasted garlic marinara. Topped with parmesan cheese –

#### **GF CHICKEN FRANCESE**

– Egg battered, pan fried chicken breast with crispy caper white wine butter sauce –

#### **DF GF GARLIC BROWN SUGAR GLAZED SALMON**

– Fresh Atlantic salmon baked with a garlic brown sugar glaze –

#### **HEART GF HEART HEALTHY OPTION**

– Grilled salmon served with baked potato and swiss chard –

#### **DF HEART HERBED BARLEY W/ MUSHROOMS**

#### **HEART DF GF SWISS CHARD**

#### **HEART DF GF BABY CARROTS**

#### **HEART DF GF BAKED POTATO**

#### **DF SOUP DU JOUR: SOUTHWEST TURKEY**

#### **HEART GF SALAD: ICEBERG WEDGE**

Week 5: 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 JAN.25

**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 BARLEY STUFFED TOMATO**  
– Sweet ripe tomato filled with fennel, onion, artichoke heart, barley and pecorino. Seasoned with fresh thyme and olive oil –

**CHEF'S SPECIAL BBQ BABY BACK RIBS**  
– Slow cooked baby back ribs glazed with a zesty bbq sauce –

**CHICKEN AND BISCUITS**  
– Tender white meat chicken and vegetables in a creamy sauce over a fresh baked biscuit –

**TEMPURA SHRIMP**  
– Tempura battered fried shrimp served with a sweet chili dipping sauce –

♥ **HEART HEALTHY OPTION**  
– Grilled chicken breast served with spinach and mashed potatoes –

♥ **Gf** MASHED POTATOES

**Df Gf** ♥ STEAMED SPINACH

♥ **Df Gf** CUT CORN

**CARAMELIZED ONION INFUSED SCALLOPED POTATOES**

**Gf Df** SOUP DU JOUR: SPLIT PEA AND HAM

**Gf** SALAD: SMOKED SALMON

### FRIDAY JAN.26

**Df** **SHORT RIB**  
– Boneless beef short rib slow cooked and served in its own delectable gravy –

♥ **Df** **BLUE ZONE INSPIRED MUSHROOM AND KALE STIR FRY**  
– Garlic, bell peppers, sweet onions and kale stir fry over brown rice –

**CHEF'S SPECIAL VEAL MILANESE**  
– Pounded breaded veal cutlet pan fried, served with lemon –

**TERIYAKI CHICKEN KABOB**  
– Skewered chicken, peppers, red onion, and zucchini char grilled and basted with teriyaki glaze –

**Df ♥ Gf** **BAKED FLOUNDER**  
– Flounder baked with lemon and dill –

♥ **HEART HEALTHY OPTION**  
– Baked flounder served with vegetable medley and brown rice –

**Df Gf** ♥ **BAKED SWEET POTATO**

♥ **Df Gf** **BROWN RICE**

♥ **Df Gf** **ROASTED BRUSSELS SPROUTS**

**Gf Df** ♥ **VEGETABLE MEDLEY**

**SOUP DU JOUR: SHRIMP BISQUE**

**Gf** **SALAD: ITALIAN CHOPPED**

### SATURDAY JAN.27

**Df Gf** **SLOW ROASTED ANGUS PRIME RIB**  
– Served with au jus & horseradish sauce –

**Df ♥** **BLUE ZONE INSPIRED GRILLED PORTOBELLO STEAK**  
– Marinated portobello grilled and topped with sliced tomatoes and steamed farro. Drizzled with balsamic glaze –

**CHEF' SPECIAL GRILLED PORK TENDERLOIN**  
– Sliced grilled pork tenderloin topped with a mango chutney –

**SPAGHETTI WITH MEAT SAUCE**  
– Spaghetti topped with homemade meat sauce, served with garlic bread –

**Gf Df** **PEPPER SEARED TUNA**  
– Pepper seared tuna steak served with a mango pineapple salsa –

♥ **HEART HEALTHY OPTION**  
– Pepper seared tuna served with baked potato and cauliflower –

♥ **Df Gf** **BAKED POTATO**

**Gf** **SPINACH MUSHROOM RICE**

**Df Gf** ♥ **PEAS**

**Df ♥ Gf** **CAULIFLOWER**

**SOUP DU JOUR: BACON CORN CHOWDER**

**SALAD: SHRIMP CAESAR**

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