



THE COLONNADE ROOM

MONDAY MAR.18,

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 MAR.19,

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 COUNTRY FRIED STEAK

– Deep fried beef fritter topped with a white peppered gravy –

Gf BAKED TERIYAKI GLAZED PORK CHOP

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

GARLIC PARMESAN BAKED COD

– Cod baked with a garlic parmesan bread crumbs. –

HEART HEALTHY OPTION

– Baked cod served with broccoli and vegetable rice –

Gf HERB ROASTED BUTTON MUSHROOMS

BROCCOLI

Gf VEGETABLE RICE

Gf YUKON MASHED POTATOES

SOUP DU JOUR: KIELBASA POTATO & CABBAGE SOUP

SALAD: APPLE & BLEU CHEESE

WEDNESDAY MAR.20,

GRILLED 7 OZ BEEF TENDERLOIN FILET

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

BLUE ZONE INSPIRED BAKED EGGPLANT ROLLATINI

– Eggplant rolled with a Italian cheese blend, toasted pine nuts & finished with marinara & Pecorino Romano –

Df Gf CHEF'S SPECIAL BRATWURST WITH SAUERKRAUT

– Grilled Bratwurst served with sauerkraut –

VEAL MARSALA

– Sautéed veal cutlet smothered in a mushroom marsala sauce –

BROILED FLOUNDER

– Flounder baked with white wine, lemon & fresh herbs –

♥ HEART HEALTHY OPTION

– Broiled flounder served with baked potato and asparagus –

♥ Df Gf BAKED POTATO

ZUCCHINI & TOMATOES

HERB BUTTERED SPAETZLE

Df Gf ♥ ASPARAGUS

SOUP DU JOUR: LOBSTER BISQUE

SALAD: ITALIAN CHOPPED

Week 4: 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 MAR.21,

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 CHEESE RAVIOLI

– Cheese filled ravioli topped with a pea and pancetta vodka cream sauce –

BRAISED LAMB SHANK

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

TOASTED ALMOND CRUSTED GROUPER

– Grouper filet crusted with toasted almonds and baked til flakey –

♥ HEART HEALTHY OPTION

– Grilled chicken breast served with collard greens and sweet potato –

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 MAR.22,

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 –

HOISIN GLAZED SALMON

– Salmon filet basted with hoisin glaze and baked to perfection –

♥ 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

SALAD: SEAFOOD SALAD

SATURDAY MAR.23,

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 GRILLED PORK CHOP

– Marinated boneless pork chop char grilled and topped with chimichurri –

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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