

## THE COLONNADE ROOM

### MONDAY MAR.25

#### **ROAST TURKEY**

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

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

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

#### **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 –

#### **CHINESE PEPPER STEAK**

– Beef, peppers and onions sautéed in a asian sauce served over jasmine rice –

#### **HEART HEALTHY OPTION**

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

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

#### **JASMINE RICE**

#### **CUT CORN**

#### **GREEN BEANS**

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

#### **SALAD: TOSSED GARDEN**

### TUESDAY MAR.26

#### **RACK OF LAMB**

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

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

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

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

– Marinated pork tenderloin char grilled and served with apple raisin chutney –

#### **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 HEALTHY OPTION**

– Baked tilapia served with asparagus and mashed sweet potatoes –

#### **CREAMY PESTO GNOCCHI**

#### **MASHED SWEET POTATOES**

#### **ROASTED BEETS**

#### **ASPARAGUS**

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

#### **SALAD: WALDORF**

### WEDNESDAY MAR.27

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

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

#### **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 –

#### **CHICKEN FRANCESE**

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

#### **SEARED SALMON OSCAR**

– Seared salmon topped with asparagus, crab meat, and hollandaise –

#### **HEART HEALTHY OPTION**

– Grilled salmon served with baked potato and swiss chard –

#### **HERBED BARLEY W/ MUSHROOMS**

#### **SWISS CHARD**

#### **BABY CARROTS**

#### **BAKED POTATO**

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

#### **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 MAR.28

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

**DI GF BLUE ZONE INSPIRED TOFU  
VEGETABLE STIR FRY**  
– A savory dish of edamame,  
peppers, garlic, mushrooms and  
stir fry sauce. Served with white  
rice –

**CHEF'S SPECIAL GRILLED  
STEAK HOUSE SALAD**  
– Mixed greens topped with  
cucumbers, yellow peppers,  
tomatoes, red onion, bleu cheese  
crumbles and char grilled strip  
steak. Served with ranch  
dressing –

**DI GF SWEET AND SOUR SHRIMP**  
– Sautéed shrimp, peppers and  
pineapple in a sweet and sour  
sauce served over rice –

**DI GF GRILLED TUNA TERIYAKI**  
– Char grilled tuna steak basted  
with teriyaki glazed topped with  
grilled pineapple relish –

**♥ HEART HEALTHY OPTION**  
– Grilled tuna steak served with  
baked sweet potato and  
vegetable medley –

**GF BACON CHEDDAR MASHED  
POTATOES**

**♥ DI GF BAKED SWEET POTATO**

**♥ DI GF VEGETABLE MEDLEY**

**♥ DI GF STEWED TOMATOES**

**SOUP DU JOUR: LEEK AND  
POTATO**

**DI GF SALAD: CURRIED APPLE  
CHICKEN**

### FRIDAY MAR.29

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

**DI GF ♥ BLUE ZONE INSPIRED  
CANNELLINI BEANS &  
GREENS**  
– Baby spinach & peppery  
arugula sautéed with sweet bell  
peppers and cannellini beans –

**GF CHEF'S SPECIAL PORK CHOP  
FONTINA**  
– Seared pork chop topped with  
portobello mushrooms, fontina  
cheese and drizzled with a red  
wine reduction –

**CHICKEN PICCATA**  
– Pan seared chicken breast  
topped with lemon caper butter  
sauce –

**BEER BATTERED CATFISH**  
– Fried beer battered catfish with  
lemon, cocktail and tartar sauce.

**♥ HEART HEALTHY OPTION**  
– Grilled chicken breast served  
with roasted brussels sprouts and  
rice pilaf –

**♥ DI GF GARLIC HERB ROASTED  
POTATOES**

**♥ DI RICE PILAF**

**♥ DI GF ROASTED BRUSSELS  
SPROUTS**

**♥ DI GF EDAMAME AND CORN**

**DI SOUP DU JOUR: BLACK BEAN  
AND CORN**

**DI GF SALAD: ITALIAN CHOPPED**

### SATURDAY MAR.30

**DI GF SLOW ROASTED ANGUS  
PRIME RIB**  
– Served with au jus &  
horseradish sauce –

**DI GF BLUE ZONE INSPIRED  
CURRIED VEGETABLES**  
– Fresh made peppers, onions,  
potatoes and chickpeas stewed  
together in a full flavored curry  
with white rice –

**CHEF'S SPECIAL: CALIFORNIA  
CHICKEN**  
– Pan fried bread chicken breast.  
Topped with guacamole, lime  
infused sour cream and diced  
tomatoes. –

**BEEF LASAGNA**  
– Homemade beef lasagna made  
with ground beef, ricotta,  
marinara and mozzarella cheese

**MARYLAND STYLE CRAB  
CAKES**  
– Homemade crab cakes pan  
seared till golden brown served  
with remoulade –

**♥ HEART HEALTHY OPTION**  
– Baked salmon served with  
baked potato and cauliflower –

**♥ DI GF BAKED POTATO**

**GF GARLIC MASHED POTATOES  
CREAMED SPINACH**

**DI ♥ GF CAULIFLOWER**

**GF DI SOUP DU JOUR: BEEF CHILI**

**GF SALAD: SHRIMP CAESAR**

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