



THE COLONNADE ROOM

MONDAY APR.29

**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 –

**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**

**♥ Df GF** **JASMINE RICE**

**♥ Df GF** **CUT CORN**

**Df GF** **GREEN BEANS**

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

**GF** **♥** **SALAD: TOSSED GARDEN**

TUESDAY APR.30

**♥ GF** **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 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**

**GF** **♥** **MASHED SWEET POTATOES**

**Df GF** **♥** **ROASTED BEETS**

**Df GF** **♥** **ASPARAGUS**

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

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

WEDNESDAY MAY.1

**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 –

**SEARED SALMON OSCAR**

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

**♥ HEART HEALTHY OPTION**

– Grilled salmon served with baked potato and swiss chard –

**Df** **♥** **HERBED BARLEY W/ MUSHROOMS**

**♥ Df GF** **SWISS CHARD**

**♥ Df GF** **BABY CARROTS**

**♥ Df GF** **BAKED POTATO**

**Df** **SOUP DU JOUR: SOUTHWEST TURKEY**

**♥ 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

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### THURSDAY MAY.2

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

**DI 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 MAY.3

**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 MAY.4

**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 chickpea's 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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