



THE COLONNADE ROOM

MONDAY APR.1,

ROASTED TURKEY W/ HERB STUFFING

– Slow roasted white & dark meat served over traditional stuffing with cranberry sauce & turkey gravy –

BLUE ZONE INSPIRED GARLIC CHEESE PIZZA

– Personal 7-inch pizza covered with spinach, roasted garlic, pizza sauce and cheese on a cauliflower pizza crust –

CHEF'S SPECIAL SEARED CHICKEN BREAST

– Pan seared chicken breast topped with a sun dried tomato lemon basil butter sauce and goat cheese –

SALISBURY STEAK

– Seasoned ground beef with onions and peppers. Grilled and simmered in mushroom brown gravy –

Df Gf BLACKENED CORVINA

– Blackened corvina drizzled with homemade red pepper coulis –

♥ Gf HEART HEALTHY OPTION

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

MASHED POTATOES & GRAVY

Df ♥ Gf PEAS AND CARROTS

♥ Gf VEGETABLE RICE

Gf ♥ ITALIAN GREEN BEANS

Df Gf ♥ SALAD: TOSSED SALAD

Df Gf SOUP DU JOUR: BEEF VEGETABLE

TUESDAY APR.2,

♥ Gf RACK OF LAMB

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

♥ Df BLUE ZONE INSPIRED ROASTED TOMATO & ARTICHOKE PASTA

– Kale, artichoke hearts, garlic, tomato, mushrooms and whole grain pasta served in a pesto sauce. Topped with macadamia nut gremolota crunch –

Df Gf CHEF'S SPECIAL CHICKEN CACCIATORE

– Bone-In chicken roasted with onions, fresh herbs, peppers vegetables and tomatoes –

CREAMY CHIPOTLE SHRIMP AND CORN

– Sautéed gulf shrimp with garlic, onions and corn in a creamy chipotle sauce served over orzo –

Gf EVERYTHING SEASON SEARED SALMON

– Atlantic salmon filet seared with everything seasoning and topped with a chive aioli –

Gf ♥ HEART HEALTHY OPTION

– Broiled salmon served with broccoli and mashed sweet potatoes –

RICE PILAF

Gf ♥ MASHED SWEET POTATOES

♥ Df Gf BROCCOLI AND RED PEPPERS

♥ Df Gf SAUTÉED ZUCCHINI AND RED ONIONS

Df Gf SALAD: MARINATED ARTICHOKE

Df Gf SOUP DU JOUR: CHICKEN AND WILD RICE

WEDNESDAY APR.3,

GRILLED 7 OZ BEEF TENDERLOIN FILET

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

Gf BLUE ZONE INSPIRED LOADED POTATO SKINS

– Crispy skins filled w/ vegetable chili, jack cheese. Served with guacamole and sour cream –

CHEF'S SPECIAL MEDITERRANEAN TURKEY STUFFED PEPPER

– Bell pepper filled with ground turkey, mushrooms, onions, and tomatoes. Topped with mozzarella, feta cheese and baked –

Df GENERAL TSO'S CHICKEN

– Fried chicken thigh strips ginger marinated, egg battered & tossed in our mild asian sauce –

♥ Df Gf GRILLED SWORDFISH

– Char grilled swordfish topped with a garlic herb butter. –

HEART HEALTHY OPTION

– Grilled swordfish served with wild rice pilaf and sugar snap peas –

THYME AND GARLIC ROASTED MUSHROOMS

SUGAR SNAP PEAS

♥ Df Gf BAKED POTATO

Gf ♥ WILD RICE PILAF

Gf SALAD: GREEN GODDESS

SOUP DU JOUR: LOADED SWEET POTATO

Week 1: 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 APR. 4

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 mashed potatoes and cut corn –

♥ **Gf MASHED POTATOES**

Df Gf ♥ STEAMED SPINACH

♥ **Df Gf CUT CORN**

CARAMELIZED ONION INFUSED SCALLOPED POTATOES

Gf SALAD: SMOKED SALMON

Gf Df SOUP DU JOUR: SPLIT PEA AND HAM

FRIDAY APR. 5

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 –

BBQ BACON WRAPPED SHRIMP
– Shrimp wrapped in bacon char grilled and basted with bbq sauce –

♥ **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

SALAD: ITALIAN CHOPPED

SATURDAY APR. 6

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 SESAME SEED SEARED TUNA
– Sesame seed seared tuna steak drizzled with Thai peanut sauce –

♥ **HEART HEALTHY OPTION**
– Sesame seed 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

Gf SALAD: SHRIMP CAESAR

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