



THE COLONNADE ROOM

MONDAY APR.22,

**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**

**Df Gf** **MIXED VEGETABLE BLEND**

**HERB STUFFING**

**Df Gf** **GREEN BEANS**

**SOUP DU JOUR: CHICKEN NOODLE**

**Gf** **Heart Healthy Option** **SALAD: TOSSED GARDEN**

TUESDAY APR.23,

**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 APR.24,

**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 -

**Heart Healthy Option** **Df Gf** **BAKED POTATO**

**ZUCCHINI & TOMATOES**

**HERB BUTTERED SPAETZLE**

**Df Gf** **Heart Healthy Option** **ASPARAGUS**

**SOUP DU JOUR: LOBSTER BISQUE**

**SALAD: ITALIAN CHOPPED**

Week 4: 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 APR.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 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 till 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 APR.26,

### **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 APR.27,

### **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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