



THE COLONNADE ROOM

MONDAY MAY.5,

ROASTED TURKEY W/ HERB STUFFING

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

BLUE ZONE INSPIRED ARTICHOKE SUN DRIED TOMATO PIZZA

– Personal 7-inch pizza with artichoke hearts, sun dried tomatoes, mozzarella cheese and alfredo sauce, on cauliflower pizza crust. –

CHEF'S SPECIAL: CHEESE TORTELLINI BOLOGNESE

– Cheese filled tortellini smothered in bolognese sauce, topped with grated parmesan. –

BAKED HAM

– Baked ham with fire roasted Fiji apples and raisins –

BAKED FLOUNDER

– Baked flounder finished with a creamy dill sauce –

♥ HEART HEALTHY OPTION

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

MASHED POTATOES & GRAVY

WILD RICE MEDLEY

GREEN BEANS

Gf ROASTED ACORN SQUASH

Df Gf ♥ SALAD: TOSSED SALAD

SOUP DU JOUR: TUKEY VEGETABLE

TUESDAY MAY.6,

♥ Gf RACK OF LAMB

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

BLUE ZONE INSPIRED: CAPRESE STUFFED PORTOBELLO

– Baked portobello mushroom topped with fresh mozzarella, cherry tomatoes, fresh basil and finished with a balsamic glaze –

CHEF'S SPECIAL: CHICKEN MARSALA WITH PROSCIUTTO

– Seared chicken breast with a mushroom prosciutto marsala sauce –

CAJUN SEARED PORK TENDERLOIN

– Pork tenderloin seasoned with cajun spices and topped with a dijon cream sauce –

SUN DRIED TOMATO PARMESAN CRUSTED TILAPIA

– Tilapia topped with bread crumbs seasoned with parmesan and sundried tomatoes and baked til golden brown –

HEART HEALTHY OPTION

– Baked tilapia served with cut corn and sweet mashed potatoes. –

SCALLOPED POTATOES

Gf ♥ MASHED SWEET POTATOES

Df ♥ Gf ZUCCHINI AND TOMATOES

CUT CORN

Df Gf SALAD: MARINATED ARTICHOKE

SOUP DU JOUR: BEEF BARLEY

WEDNESDAY MAY 7,

GRILLED 7 OZ BEEF TENDERLOIN FILET

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

BLUE ZONE INSPIRED EGGPLANT PARMESAN

– Panko breaded eggplant with marinara, mozzarella & capellini pasta –

CHEF'S SPECIAL: BACON WRAPPED SHRIMP

– Shrimp wrapped with bacon, grilled and served with a honey soy dipping sauce. –

HONEY BBQ CHICKEN

– Bone-in chicken baked with a honey bbq sauce. –

SALMON OSCAR

– Baked salmon topped with crabmeat, asparagus and hollandaise. –

HEART HEALTHY OPTION

– Baked salmon served with swiss chard and baked potato –

CAULIFLOWER

SWISS CHARD & ONIONS

♥ Df Gf BAKED POTATO

BAKED BEANS

Gf SALAD: GREEN GODDESS

SOUP DU JOUR: CHICKEN AND RICE

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 MAY.9

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 SAUSAGE, GREEN PEPPER AND MUSHROOM PIZZA
– Personal 7-inch pizza topped with plant based sausage, green peppers, mushrooms, pizza sauce and mozzarella cheese, on a cauliflower pizza crust –

CHEF'S SPECIAL VEAL PICCATA
– Veal scallopini seared and smothered in a lemon butter caper sauce –

SOUTHERN STYLE FRIED CHICKEN
– A combination of white & dark meat free range chicken –

SESAME CRUSTED TUNA
– Tuna seared with sesame seeds, served over wakame salad and drizzled with yum yum sauce –

HEART HEALTHY OPTION
– Sesame seared tuna over wakame served with roasted brussel sprouts and baked sweet potato –

PARMESAN BAKED TOMATO ROASTED BRUSSELS SPROUTS

YELLOW MACARONI AND CHEESE

BAKED SWEET POTATO

SOUP DU JOUR: CREAM OF CARROT GINGER

GF SALAD: SMOKED SALMON

FRIDAY MAY.10

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

BLUE ZONE INSPIRED MEDITERRANEAN QUINOA BOWL
– Quinoa topped with chickpeas, spinach, red onion, kalamata olives and feta cheese. Drizzled with a lemon herb tahini dressing.

CHEF'S SPECIAL STUFFED GREEN PEPPER
– Green pepper stuffed with ground beef, onions, tomatoes and rice. Simmered in a marinara sauce. –

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

RITZ CARLTON COD
– Cod topped with buttery ritz cracker topping and baked. –

HEART HEALTHY OPTION
– Baked cod served with spinach and brown rice –

OVEN ROASTED POTATOES

♥ DF GF BROWN RICE

SAUTÉED SPINACH

GF DF ♥ VEGETABLE MEDLEY

DF GF SOUP DU JOUR: NEW ENGLAND CLAM CHOWDER

SALAD: ITALIAN CHOPPED

SATURDAY MAY.11

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

DF BLUE ZONE INSPIRED TOFU VEGETABLE STIR FRY
– A savory dish of edamame, garlic, sweet bell peppers, mushrooms & stir fry sauce over brown rice –

CHEF'S SPECIAL CREAMY LIME COCONUT CHICKEN THIGHS
– Seared chicken thighs simmered in lime coconut sauce with red onions and mushrooms.

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

TUSCAN SALMON
– Seared salmon topped with sundried tomato spinach cream sauce –

HEART HEALTHY OPTION
– Grilled salmon served with baked potato and peas –

ITALIAN GREEN BEANS AND RED PEPPERS

GREEN PEAS

♥ DF GF BAKED POTATO

AU GRATIN POTATOES
+ Sliced Potatoes in a Rich Creamy Cheese Sauce +

SOUP DU JOUR: KIELBASA AND POTATO

GF SALAD: SHRIMP CAESAR

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