



THE COLONNADE ROOM

Monday May.13

ROAST TURKEY

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

BLUE ZONE INSPIRED CAPRESE PIZZA

– Personal 7-inch pizza topped with fresh mozzarella, tomatoes, basil and pizza sauce on a cauliflower pizza crust. Drizzled with balsamic glaze –

CHEF'S SPECIAL CHICKEN PICCATA WITH ARTICHOKE HEARTS

– Pan seared chicken breast topped with a lemon butter caper sauce with artichoke hearts –

CHEF'S SPECIAL JUMBO FRIED SHRIMP

– Panko breaded shrimp deep fried til golden brown served with cocktail sauce –

SWEET CHILI AND PISTACHIO BAKED MAHI

– Mahi topped with sweet chili glaze and toasted pistachios and baked til perfection –

♥ HEART HEALTHY OPTION

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

VEGETABLE RICE

GREEN BEANS

MASHED POTATOES & GRAVY

ROASTED CARROTS

SOUP DU JOUR: MINISTRONE

SALAD: TOSSED GARDEN

Tuesday May.14

Df ♥ Gf RACK OF LAMB

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

BLUE ZONE INSPIRED EGGPLANT ROLLATINI

– Deep fried eggplant stuffed with spinach ricotta and topped with marinara and fresh basil –

CHEF'S SPECIAL ROASTED PORK LOIN

– Seasoned slow roasted pork loin topped with a herb pan gravy –

CHICKEN CACCIATORE

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

GRILLED SWORDFISH

– Grilled swordfish topped with a mediterranean salsa –

♥ HEART HEALTHY OPTION

– Grilled swordfish topped with mediterranean salsa served with vegetable medley and mashed sweet potatoes –

ROASTED BUTTERNUT SQUASH

VEGETABLE MEDLEY

CREAMY BASIL PESTO ORZO

MASHED SWEET POTATOES

SOUP DU JOUR: TURKEY, KALE AND SWEET POTATO

SALAD: CARROT RAISIN SALAD

Wednesday May.15

GRILLED 7 OZ BEEF TENDERLOIN FILET

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

BLUE ZONE INSPIRED EGGPLANT BRUSCHETTA

– Breaded deep fried eggplant topped with tomato bruschetta, fresh basil and drizzled with balsamic glaze –

CHEF'S SPECIAL BBQ BACON WRAPPED SHRIMP

– Shrimp wrapped in bacon char grilled and basted with bbq sauce –

CHICKEN ALA KING

– Chunks of all white meat chicken simmered with sweet bell peppers, onions, & wild mushrooms over white rice –

EVERYTHING SEASONED SEARED SALMON

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

HEART HEALTHY OPTION

– Baked salmon served with zucchini & tomatoes and mushroom rice –

ZUCCHINI AND TOMATOES BUTTON MUSHROOMS IN GARLIC SAUCE

JASMINE RICE

Df Gf BAKED POTATO

SOUP DU JOUR: TOMATO SALAD: POTATO SALAD

Week 2: 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.16

- 10 OZ TOP CHOICE ANGUS NEW YORK STRIP STEAK
– The New York strip in a steak lovers choice. Char grilled to your liking and served with a mushroom demi glace. –
- BLUE ZONE INSPIRED ZUCCHINI, TOMATO AND RED ONION PIZZA
– Personal 7-inch pizza topped with pizza sauce zucchini, tomatoes, red onion and fontina cheese, on a cauliflower pizza crust –
- CHEF'S SPECIAL SHRIMP & LOBSTER RAVIOLI
– Lobster and shrimp filled ravioli topped with ala vodka cream sauce –
- MONGOLIAN BEEF
– Tender beef tossed with sweet soy glaze, snipped green onions and garlic, served with rice –
- BEER BATTERED COD
– Cod dipped in beer batter and fried til golden brown served with tartar sauce –
- ♥ HEART HEALTHY OPTION
– Baked cod served with roasted beets and herb roasted potatoes –
- ROASTED BEETS
- SUCCOTASH
- ♥ HERB ROASTED YUKON POTATOES
- SCALLOPED POTATOES
- SOUP DU JOUR: SHRIMP CHOWDER
- SALAD: PINEAPPLE COCONUT SLAW

Friday May.17

- Df** SHORT RIB
– Boneless beef short rib slow cooked and served in its own delectable gravy –
- BLUE ZONES INSPIRED VEGETABLE LASAGNA
– Fresh pasta layered with béchamel sauce, romano cheese & roasted vegetables topped with marinara sauce –
- CHEF'S SPECIAL: CALIFORNIA CHICKEN
– Pan fried bread chicken breast. Topped with guacamole, lime infused sour cream and diced tomatoes. –
- SHRIMP BROCCOLI TORTELLINI ALFREDO
– Sautéed shrimp and broccoli tossed with cheese tortellini and alfredo sauce –
- Gf** ♥ BAKED HADDOCK
– Baked haddock served with lemon and tartar sauce –
- ♥ HEART HEALTHY OPTION
– Baked haddock served with rice pilaf and broccoli –
- CORN, PEAS AND CARROTS BROCCOLI
- BACON BLEU CHEESE MASHED POTATOES
- RICE PILAF
- SOUP DU JOUR: TUSCAN WHITE BEAN
- SALAD: GOAT CHEESE AND PEAR

Saturday May.18

- Df** **Gf** SLOW ROASTED ANGUS PRIME RIB
– Served with au jus & horseradish sauce –
- BLUE ZONE INSPIRED ASIAN QUINOA BOWL
– Quinoa topped with edamame, red cabbage, scallions, shredded carrots, red peppers and drizzled with a miso ginger sauce –
- CHEF'S SPECIAL BLACK AND BLEU PORK CHOP
– Blackened boneless pork chop topped with rosemary infused bleu cheese and baked. –
- SHORT RIB RAVIOLI
– Short rib filled ravioli topped with a mushroom ragout –
- LEMON DILL BAKED SALMON
– Salmon filet seasoned with fresh dill, lemon and baked –
- ♥ HEART HEALTHY OPTION
– Lemon dill baked salmon served with yellow rice and sugar snap peas –
- YELLOW WAX BEANS
- SUGAR SNAP PEAS
- Df** **Gf** BAKED POTATO
- YELLOW RICE
- SALAD: SHRIMP CAESAR
- SOUP DU JOUR: CREAMY CHICKEN VEGETABLE

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