



THE COLONNADE ROOM

MONDAY MAY.20

ROAST TURKEY

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

BLUE ZONE INSPIRED SPINACH, MUSHROOM AND FETA PIZZA

– Personal 7- inch pizza topped with spinach, mushrooms, feta, mozzarella and alfredo sauce, on a cauliflower pizza crust –

CHEF'S SPECIAL OLD FASHION MEATLOAF

– Seasoned Ground Beef with Onions, Bread crumbs and Ketchup –

TEMPURA SHRIMP

– Tempura dipped shrimp deep fried til golden brown and served with sweet chili dipping sauce –

SEARED SALMON

– Pan seared salmon topped with creamy cilantro lime sauce –

♥ GF HEART HEALTHY OPTION

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

♥ GF GREEN BEANS

♥ GF CUT CORN

♥ GF MASHED POTATOES

♥ WILD RICE MEDLEY

SOUP DU JOUR: VEGETABLE

SALAD: TOSSED SALAD

TUESDAY MAY.21

♥ GF RACK OF LAMB

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

BLUE ZONE INSPIRED TEX MEX QUESADILLA

– Plant based ground beef, black olives, tomatoes, onions and cheddar cheese in a griddle flour tortilla. Served with Guacamole, sour cream and salsa –

CHEF'S SPECIAL BEEF STROGANOFF

– Tender beef tips with onions and mushrooms simmered in a stroganoff sauce and served over egg noodles. –

BRATWURST WITH SAUERKRAUT

– Grilled bratwurst served with sauerkraut –

GARLIC PARMESAN BAKED COD

– Cod with a garlic parmesan buttery bread crumb topping and baked til golden brown –

♥ HEART HEALTHY OPTION

– Baked cod served with broccoli and garlic mashed potatoes –

♥ Df GF BROCCOLI

♥ GF ZUCCHINI AND RED ONIONS

♥ GF GARLIC MASHED POTATOES

CHIVE BUTTERED EGG NOODLES

SOUP DU JOUR: LEMON CHICKEN ORZO

♥ GF SALAD: PEACHES AND COTTAGE CHEESE

WEDNESDAY MAY.22

GRILLED 7 OUNCE BEEF TENDERLOIN FILET

– Filet of beef grilled to Your liking and served with a red wine demi –

BLUE ZONE INSPIRED STUFFED SQUASH

– Baked acorn squash stuffed with plantbase sausage, kale, onions, celery and red pepper –

MARYLAND STYLE CRAB CAKES

– Homemade crab cakes pan seared till golden brown served with remoulade –

GF ♥ GRILLED SWORDFISH

– Seasoned grilled swordfish topped with a black bean corn salsa –

CHEF'S SPECIAL BBQ BABY BACK RIBS

– Slow cooked baby back ribs glazed with a zesty bbq sauce –

♥ HEART HEALTHY OPTION

– Grilled swordfish with a black bean corn salsa served with peas and craisin almond rice –

GF ♥ VEGETABLE MEDLEY

GF ♥ GREEN PEAS

♥ Df GF BAKED POTATO

GF ♥ CRAISIN ALMOND RICE

SOUP DU JOUR: PORTUGUESE

SALAD: PICKLED BEETS AND ONIONS

Week 3: 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.23

10 OZ TOP CHOICE ANGUS STRIP STEAK
– The New York strip is the steak lovers choice. Char grilled to your liking and served with mushroom thyme demi glace. –

BLUE ZONE INSPIRED GREEK PIZZA
– Personal 7-inch pizza topped with artichoke hearts, kalamata olives, feta, roasted red peppers, pizza sauce and mozzarella cheese on a cauliflower pizza crust –

CHEF'S SPECIAL SMOTHERED CHICKEN
– Seared chicken breast topped with sundried tomatoes, bacon, spinach and mozzarella cheese –

PORK JAEGERSCHNITZEL
– Pan fried breaded pork loin topped with a mushroom bacon gravy –

FISH TACOS
– Flour tortilla tacos filled with blackened mahi, cabbage, red onions, scallions, tomatoes and drizzled with yum yum sauce. –

♥ HEART HEALTHY OPTION
– Baked Mahi served with baked sweet potato and carrots –

GF BRAISED RED CABBAGE

GF ♥ BABY CARROTS

BUTTERED SPAETZLE

GF ♥ BAKED SWEET POTATO

SOUP DU JOUR: CREAM OF MUSHROOM

♥ SALAD: KALE SALAD

FRIDAY MAY.24

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

BLUE ZONE INSPIRED QUICHE
– Personal Quiche with mushrooms, spinach and swiss cheese –

CHEF'S SPECIAL LAMB SHANK
– Rosemary braised lamb shank topped with vegetable pan gravy –

CHICKEN POT PIE
– Creamy chicken and vegetables baked in flakey pie crust –

HOISIN GLAZED SALMON
– Seasoned seared salmon baked with a hoisin glaze –

HEART HEALTHY OPTION
– Baked Salmon served with asparagus and lentils –

GF GF ♥ ASPARAGUS

GF ♥ LIMA BEANS

GF ROTISSERIE SEASONED ROASTED POTATOES

♥ LENTILS W/ GARLIC AND ONIONS

SOUP DU JOUR: STUFFED PEPPER

SALAD: THREE BEAN

SATURDAY MAY 25

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

BLUE ZONE INSPIRED STUFFED SHELLS
– Ricotta stuffed shells topped with marinara, basil, mozzarella and parmesan cheese –

CHEF'S SPECIAL PULLED PORK RAGU
– Tomato braised pulled pork ragu over polenta –

CHICKEN CORDON BLEU
– Pounded chicken breast filled with ham and swiss, breaded and baked. Topped with supreme sauce. –

GRILLED TUNA TERIYAKI
– Grilled tuna steak basted with teriyaki and topped with a pineapple salsa –

♥ HEART HEALTHY OPTION
– Grilled chicken breast served with braised collard greens and baked potato –

CREAMED CORN

POLENTA

BRAISED COLLARD GREENS

GF GF ♥ BAKED POTATO

SOUP DU JOUR: CREAMY HAM AND POTATO

SALAD: COLE SLAW

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