



THE COLONNADE ROOM

MONDAY MAY.27,

TUESDAY MAY.28,

WEDNESDAY MAY.29,

MEMORIAL DAY BUFFET

SALAD BAR AND FRUIT

CARVED SMOKED BRISKET

HAMBURGERS AND HOT DOGS

FRIED CHICKEN

BBQ RIBS

STEAMED CLAMS

BAKED BEANS

MACARONI AND CHEESE

CORN ON THE COB & CUT CORN

GREEN BEANS

DESSERTS AND ASSORTED PASTRIES

– SUNDAE BAR, STRAWBERRY SHORTCAKE, AND APPLE PIE –

MARINATED RACK OF LAMB

– Grilled rack of lamb marinated with garlic and rosemary. served with cabernet demi & a side of mint jelly –

BLUE ZONE INSPIRED MANICOTTI

– Ricotta filled manicotti topped with marinara and mozzarella cheese –

CHEF'S SPECIAL VEAL MARSALA

– Sautéed veal cutlet smothered in a mushroom marsala sauce –

CHICKEN LOMBARDY

– Pan fried chicken breast topped with baby bella mushrooms and green onions. finished with a marsala wine sauce –

CRAB STUFFED WHITEFISH

– Whitefish stuffed with our homemade crab stuffing and baked to perfection and topped with dill hollandaise –

♥ HEART HEALTHY OPTION

– Baked whitefish served with almond rice and spinach –

ZUCCHINI AND SQUASH

SAUTÉED SPINACH

ROSEMARY ROASTED POTATOES

ALMOND RICE

SOUP DU JOUR: CREAMY CHEDDAR BROCCOLI

SALAD: APPLE & BLEU CHEESE

GRILLED 7 OZ BEEF TENDERLOIN FILET

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

BLUE ZONE INSPIRED CAPRESE SALAD

– Fresh mozzarella, tomatoes, fresh basil and drizzled with olive oil and balsamic glaze –

🍷 CHEF'S SPECIAL LIVER AND ONIONS

– Pan seared veal liver with a caramelized onions, bacon and brown gravy. –

THAI COCONUT CHICKEN CURRY

– Seared chicken thighs stewed with onions, red peppers and green beans. served with white rice –

TILAPIA VERACRUZ

– Tilapia Broiled with onions, olives, capers, tomatoes and topped with crabmeat –

♥ HEART HEALTHY OPTION

– Baked tilapia served with cauliflower and white rice –

🍷🍷🍷 BAKED POTATO

CREAMED PEAS

CAULIFLOWER

SEASONED WHITE RICE

SOUP DU JOUR: TURKEY NOODLE

SALAD: ITALIAN CHOPPED

Week 4: 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.30,

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

ROASTED BEET SALAD

– Mixed greens topped with roasted beets, pistachios, goat cheese and served with honey mustard dressing. –

CHEF'S SPECIAL FRENCH ONION SMOTHERED PORK CHOP

– Seared pork chop topped with provolone cheese and caramelized onions –

SEAFOOD CAKES

– Homemade seafood cakes pan seared and served with lemon and tartar sauce –

BLACKENED MAHI

– Blackened mahi topped with avocado relish –

♥ HEART HEALTHY OPTION

– Grilled chicken breast served with vegetable medley and au gratin potatoes –

SAUTÉED KALE

VEGETABLE MEDLEY

AU GRATIN POTATOES

MAC AND CHEESE

SOUP DU JOUR: EGG DROP

SALAD: STUFFED AVOCADO

FRIDAY MAY.31,

Df SHORT RIB

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

BLUE ZONE INSPIRED VEGETABLE LASAGNA

– Fresh pasta layered with bechmel sauce, romano cheese and roasted vegetables topped with marinara –

SHEPHERD'S POT PIE

– Ground lamb, fresh herbs, onions, peas and corn in a rich sauce, baked in a flakey pie crust –

LINGUINI AND WHITE CLAM SAUCE

– White wine, garlic, shallots in a white clam sauce served over linguine –

BLACKENED CATFISH

– Blackened catfish topped with a tomato corn relish –

♥ HEART HEALTHY OPTION

– Baked catfish served with wild rice medley and okra and stewed tomatoes –

BALSAMIC GLAZED GREEN BEANS WITH WALNUTS

OKRA AND STEWED TOMATOES

WILD RICE MEDLEY

CARAMELIZED ONION MASHED POTATOES

SOUP DU JOUR: CONCH CHOWDER

SALAD: SEAFOOD SALAD

SATURDAY JUN.1,

Df Gf SLOW ROASTED ANGUS

PRIME RIB

– Served with au jus & horseradish sauce –

BLUE ZONE INSPIRED BUTTERNUT SQUASH RAVIOLI

– Raviolis stuffed with butternut squash and topped with a fried sage parmesan cream sauce –

CHEF'S SPECIAL SPAGHETTI AND MEATBALLS

– Spaghetti with Meatballs and Marinara served with garlic bread –

CAJUN SMOTHERED PORK MEDALLIONS

– Seared pork medallion simmered with cajun spices, peppers, onions in a tomato sauce –

HONEY PISTACHIO CRUSTED TILAPIA

– Tilapia crusted with honey, pistachios and baked til flakey –

♥ HEART HEALTHY OPTION

– Broiled tilapia Served with baked potato and broccoli –

♥ Df Gf BAKED POTATO

CAJUN RICE

CREAMED PEARL ONIONS

BROCCOLI

SOUP DU JOUR: CHILI

SALAD: MARINATED CUCUMBERS

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