



THE COLONNADE ROOM

Monday June.17

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 CHILLAND 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 June.18

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 June.19

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 June.20

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 June.21

🍖 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 –

🍷 ♥ 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 June.22

🍖🍷 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

🍷🍷 BAKED POTATO

YELLOW RICE

SALAD: SHRIMP CAESAR

SOUP DU JOUR: CREAMY
CHICKEN VEGETABLE

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