

# THE COLONNADE ROOM

Reservations Required

MONDAY, JANUARY 11, 2021	TUESDAY, JANUARY 12, 2021	WEDNESDAY, JANUARY 13, 2021
<p><b><u>ROAST TURKEY*</u></b> JUICY SLICES OF WHITE AND DARK ROAST TURKEY SERVED OVER TRADITIONAL STUFFING AND TOPPED WITH TURKEY GRAVY</p> <p><b><u>OLD FASHIONED MEATLOAF</u></b> SEASONED GROUND BEEF MIX WITH EGG AND BREAD CRUMB AND BAKED WITH KETCHUP ON TOP</p> <p><b><u>BLUE ZONES INSPIRED STIR FRY</u></b> A SAVORY DISH FULL OF EDAMAME, GARLIC, PEPPERS, MUSHROOMS AND STIR FRY SAUCE</p> <p><b><u>CHEF'S SPECIAL</u></b> HOT PASTRAMI WITH SWISS ON A HOAGIE ACCOMPANIED BY POTATO SALAD AND FRESH FRUIT</p> <p><b><u>CATCH OF THE DAY</u></b> PAN BROILED SALMON WITH FRESH ORANGES AND GREEN ONION</p> <p>SOUP DU JOUR: TUSCAN WHITE BEAN</p> <p>SALAD: TOSSED GARDEN SIDES: MASHED POTATOES*, BROWN RICE, GREEN BEANS*, PARMESAN SQUASH</p>	<p><b><u>RACK OF LAMB*</u></b> SUCULENT FULL RACK OF LAMB PREPARED TO YOUR TASTE SERVED WITH A ROSEMARY BUTTER</p> <p><b><u>CHICKEN MARSALA</u></b> CHICKEN BREAST SAUTEED WITH SWEET MARSALA SAUCE TOMATOES AND MUSHROOMS</p> <p><b><u>BLUE ZONES INSPIRED TOMATO AND PECORINO FLATBREAD</u></b> CRISP FLATBREAD TOPPED WITH OLIVE OIL, SUN DRIED PEPPERY ARUGULA AND FRESH ROMANO CHEESE</p> <p><b><u>CHEF'S SPECIAL</u></b> CHEESE ENCHILADAS SERVED WITH BEANS AND SPANISH RICE</p> <p><b><u>CATCH OF THE DAY</u></b> GULF FRESH HOG FISH WITH OLIVE OIL AND FRESH CITRUS</p> <p>SOUP DU JOUR: BROCCOLI CHEDDAR SALAD: PEACH AND COTTAGE CHEESE SIDES: TWICE BAKED POTATO*, PARMESAN RISOTTO, STEAMED BROCCOLI*, RATATOUILLE</p>	<p><b><u>FILET MIGNON*</u></b> GRILLED BEEF TENDERLOIN STEAK GRILLED TO YOUR LIKING AND SERVED WITH BORDELAISE SAUCE ON THE SIDE</p> <p><b><u>CORN DUSTED SOFT SHELL CRAB</u></b> TWO SOFT SHELL CRAB BATTERED AND FRIED GOLDEN THEN SERVED WITH BOOM BOOM SAUCE ON THE SIDE</p> <p><b><u>BLUE ZONES INSPIRED VEGETABLE STRATA</u></b> FLAVORFUL VEGETABLES SEASONED AND SAUTÉED IN THIS CLASSIC EGG DISH SERVED WITH A SWISS CHEESE SAUCE</p> <p><b><u>CHEF'S SPECIAL</u></b> BONELESS FRIED CHICKEN WITH WEDGE POTATOES AND CORN PUDDING</p> <p><b><u>CATCH OF THE DAY</u></b> SALMON FLORENTINE</p> <p>SOUP DU JOUR: MINISTRONE</p> <p>SALAD: GREEK SIDES: AU GRATIN POTATO, SEASONED QUINOA*, CORN PUDDING, ASPARAGUS</p>
THURSDAY, JANUARY 14, 2021	FRIDAY, JANUARY 15, 2021	SATURDAY, JANUARY 16, 2021
<p><b><u>CHICKEN POT PIE</u></b> CHUNKS OF CHICKEN WITH POTATO AND MIXED VEGETABLES IN CREAMY CHICKEN GRAVY TUCKED INTO A FLAKY PIE CRUST</p> <p><b><u>GRILLED NY STEAK</u></b> TENDER STRIP LOIN STEAK GRILLED TO YOUR LIKING AND SERVED WITH ONIONS AND MUSHROOMS</p> <p><b><u>BLUE ZONES INSPIRED IKARIAN LONGEVITY STEW</u></b> VINE RIPE TOMATOES, FENNEL, ONION, SWEET BELL PEPPERS, AND GARLIC STEWED TOGETHER SERVED WITH A SCOOP OF BROWN RICE</p> <p><b><u>CHEF'S SPECIAL</u></b> SHRIMP PO' BOY WITH SEAFOOD POTATO SALAD AND FRESH FRUIT</p> <p><b><u>CATCH OF THE DAY</u></b> GULF TRIPLE TAIL WITH FRESH DILL</p> <p>SOUP DU JOUR: CHICKEN TORTILLA SALAD: KALE SLAW SIDES: BROWN RICE PILAF*, BUTTERED NOODLES, BROCCOLI AND CHEDDAR, CAULIFLOWER*</p>	<p><b><u>SHORT RIBS</u></b> BONELESS BEEF SHORT RIBS SLOW COOKED AND SERVED IN ITS OWN DELECTABLE GRAVY</p> <p><b><u>ORANGE GINGER CHICKEN</u></b> LIGHTLY BATTERED CHICKEN WITH ORANGE GINGER SAUCE OVER JASMINE RICE</p> <p><b><u>BLUE ZONES INSPIRED VEGETARIAN PIZZA</u></b> PERSONAL 7-INCH PIZZA TOPPED WITH CHEESE PEPPERS AND ROASTED VEGETABLES</p> <p><b><u>CHEF'S SPECIAL</u></b> SIMMERED PORK CHOPS IN MUSHROOM CREAM OVER MASHED POTATOES WITH GREEN BEANS</p> <p><b><u>CATCH OF THE DAY*</u></b> GRILLED SALMON WITH ARTICHOKE TAPENADE</p> <p>SOUP DU JOUR: MANHATTAN CLAM CHOWDER SALAD: CAPRESE SIDES: O'BRIEN POTATOES*, RICE PILAF, ROASTED VEGETABLES*, GREEN BEANS</p>	<p><b><u>PRIME RIB*</u></b> SLOW ROASTED PRIME RIB OF BEEF SERVED WITH AU JUS</p> <p><b><u>KEY LIME SHRIMP PASTA</u></b> SEASONED AND SAUTÉED SHRIMP PIECES TOSSED WITH SHIITAKE, GREEN ONIONS, RED PEPPERS, CAVATAPPI AND KEY LIME CREAM</p> <p><b><u>BLUE ZONES INSPIRED ASPARAGUS AND SWISS QUICHE</u></b> FLAKY PASTRY LOADED WITH TENDER ASPARAGUS AND GRATED SWISS CHEESE IN A LIGHT EGG PIE</p> <p><b><u>CHEF'S SPECIAL</u></b> FRIED WHOLE BELLY CLAMS WITH FRIES, HUSH PUPPIES AND CREAMY COLE SLAW</p> <p><b><u>CATCH OF THE DAY</u></b> PAN SEARED YELLOWTAIL SNAPPER WITH LEMON GARLIC</p> <p>SOUP DU JOUR: TURKEY NOODLE SALAD: SHRIMP CAESAR SIDES: BAKED SWEET POTATO*, SEASONED GRITS, BABY CARROTS, BRUSSEL SPROUTS*</p>

Week 3: Please choose 2 sides for each entrée. Please Email orders to [arbortracekitchen@gmail.com](mailto:arbortracekitchen@gmail.com) or Call 591-4851 between 1pm and 4:30 pm