

THE COLONNADE ROOM

MONDAY, MAY 3, 2021	TUESDAY, MAY 4, 2021	WEDNESDAY, MAY 5, 2021
<p style="text-align: center;"><u>CHEF'S SPECIAL</u> CHICKEN SOUVLAKI SERVED ON A WARM PITA WITH A SIDE OF TZATZIKI SAUCE ACCOMPANIED BY GREEK SALAD AND BAKLAVA.</p> <p style="text-align: center;"><u>BBQ BEEF BRISKET</u> DELICIOUS BEEF BRISKET SMOKED AND SLICED SERVED WITH A SIDE OF BBQ SAUCE</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED RED BEAN AND SWEET POTATO HASH</u> A NUTRIENT DENSE DISH FILLED WITH FLAVOR RED BEANS, DICED SWEET POTATO, SHALLOTS, GARLIC AND FRESH THYME</p> <p style="text-align: center;"><u>ROAST TURKEY*</u> TENDER SLICES OF WHITE AND DARK ROAST TURKEY SERVED OVER TRADITIONAL STUFFING AND TOPPED WITH TURKEY GRAVY</p> <p style="text-align: center;"><u>CATCH OF THE DAY</u> GRILLED SALMON WITH CARIBBEAN JERK SAUCE ON THE SIDE</p> <p style="text-align: center;">SOUP: CHICKEN NOODLE SALAD: TOSSED GARDEN SIDES: MASHED POTATOES*, CORNBREAD STUFFING, GREEN BEANS*, MIXED VEGETABLE BLEND</p>	<p style="text-align: center;"><u>CHEF'S SPECIAL</u> GRILLED SHRIMP CAESAR SALAD LARGE ENTRÉE SALAD SERVED WITH SIX JUMBO SHRIMP ON TOP</p> <p style="text-align: center;"><u>VEAL PICATTA</u> POUNDED VEAL CUTLET SAUTEED AND SIMMERED IN RICH PICATTA SAUCE.</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED ZUCCHINI NOODLES WITH LENTIL</u> CARROTS, CELERY, ZUCCHINI, BASIL AND LEMON TOSSED WITH A LENTIL AND SPRING ONION SAUCE</p> <p style="text-align: center;"><u>RACK OF LAMB *</u> RACK OF LAMB COOKED TO YOUR TEMP SERVED WITH PARSLEY AND GARLIC DEMI-GLACE</p> <p style="text-align: center;"><u>CATCH OF THE DAY</u> GRILLED MAHI MAHI WITH SWEET GINGER</p> <p style="text-align: center;">SOUP: ALBONDIGAS (MEXICAN MEATBALL) SALAD: APPLE AND BLEU CHEESE SALAD SIDES: ANGEL HAIR PASTA, ROASTED SWEET POTATO STEAMED BROCCOLI, SAUTÉED MUSHROOMS*</p>	<p style="text-align: center;"><u>CHEF'S SPECIAL</u> CARNITAS FANCY BURRITO FILLED WITH RICE, BEANS, CRISP CARNITAS (PORK) CHEESE AND WRAPPED IN AN EXTRA-LARGE FLOUR TORTILLA TOPPED WITH ENCHILADA SAUCE</p> <p style="text-align: center;"><u>SHRIMP AND SCALLOPS VERACRUZANO</u> HUGE SAUTÉED SCALLOPS AND TIGER SHRIMP SAUTEED WITH TOMATOES AND CILANTRO</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED GRACIE'S SPECIAL STUFFED TOMATO</u> ROMA TOMATOES FILLED WITH SPINACH, KALE, MUSHROOMS, AND SQUASH TOPPED WITH TOASTED CASHEWS.</p> <p style="text-align: center;"><u>FILET FAJITAS*</u> FILET MIGNON SLICED INTO STRIPS AND PAN SEARED WITH PEPPERS AND ONIONS SERVED WITH TORTILLAS</p> <p style="text-align: center;"><u>CATCH OF THE DAY</u> BAKED FLOUNDER WITH TOMATILLO SAUCE SOUP: LOBSTER BISQUE SALAD: GUACAMOLE WITH CHIPS SIDES: CILANTRO RICE, BAKED POTATO*, ASPARAGUS*, MEXICAN BLEND</p>
THURSDAY, MAY 6, 2021	FRIDAY, MAY 7, 2021	SATURDAY, MAY 8, 2021
<p style="text-align: center;"><u>CHEF'S SPECIAL</u> CHICKEN POT PIE FILLED WITH CHUNKS OF ROASTED CHICKEN POTATOES AND MIXED VEGETABLES IN A FLAKY CRUST</p> <p style="text-align: center;"><u>CRISP PORK BELLY</u> SLOW BRAISED PORK BELLY THEN FLASHED IN HOT OIL TO CRISP SERVED WITH KOREAN BBQ SAUCE AND RICE</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED SWEET POTATO CAKES *</u> SWEET POTATOES CAKES SERVED WITH LIME AND AVOCADO</p> <p style="text-align: center;"><u>GRILLED NY STEAK</u> TENDER STRIP LOIN STEAK GRILLED TO YOUR LIKING AND SERVED WITH ONIONS AND MUSHROOMS</p> <p style="text-align: center;"><u>CATCH OF THE DAY</u> FRESH HOG FISH WITH CARAMELIZED SHALLOTS</p> <p style="text-align: center;">SOUP: TOMATO</p> <p style="text-align: center;">SALAD: STRAWBERRY AND PECAN SIDES: GARLIC MASHED POTATOES*, MACARONI AND CHEESE, SEASONED COLLARD GREENS, STEAMED BROCCOLI*</p>	<p style="text-align: center;"><u>CHEF'S SPECIAL</u> PORK TENDERLOIN MEDALLIONS SAUTÉED WITH ONIONS AND FIGS IN A MERLOT SAUCE</p> <p style="text-align: center;"><u>BAKED MUSSELS</u> SUCCULENT BLACK MUSSELS ON THE HALF SHELL TOPPED WITH A PARMESAN LEMON GARLIC AIOLI AND BAKED GOLDEN</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED IMPOSSIBLE BURGER</u> A MEATLESS ALTERNATIVE BURGER MADE OF PLANT BASED INGREDIENTS ON A BUN</p> <p style="text-align: center;"><u>SHORT RIBS</u> BONELESS SHORT RIBS SLOW COOKED AND SERVED IN ITS OWN DELECTABLE GRAVY</p> <p style="text-align: center;"><u>CATCH OF THE DAY *</u> GRILLED SALMON WITH SWEET TOMATO SALSA</p> <p style="text-align: center;">SOUP DU JOUR: STEAK AND POTATO</p> <p style="text-align: center;">SALAD: SEAFOOD SIDES: COUS COUS, WILD RICE PILAF*, MIXED FRESH VEGETABLES*, ROASTED TOMATOES</p>	<p style="text-align: center;"><u>CHEF'S SPECIAL</u> LOBSTER CAKES WITH DIJON REMOULADE</p> <p style="text-align: center;"><u>ROAST PHEASANT</u> ROAST HALF PHEASANT WITH FRESH HERBS AND MARINATED WITH SHERRY WINE</p> <p style="text-align: center;"><u>BLUE ZONES INSPIRED CHICKPEA AND BROWN RICE</u> MILDLY SPICED CARROTS, CHICKPEAS, SWEET PEPPERS, GREEN ONION AND GOLDEN RAISINS OVER BROWN RICE</p> <p style="text-align: center;"><u>PRIME RIB*</u> SLOW ROASTED PRIME RIB OF BEEF SERVED WITH AU JUS</p> <p style="text-align: center;"><u>CATCH OF THE DAY</u> PAN BROILED MANGROVE SNAPPER WITH KEY LIME BUTTER</p> <p style="text-align: center;">SOUP: NEW ENGLAND CLAM CHOWDER SALAD: SHRIMP CAESAR SIDES: OVEN ROASTED YUKON GOLD POTATO*, RICE PILAF, CREAMED SPINACH, CAULIFLOWER*</p>

Week 4 Please choose 2 sides for each entrée. Please Email orders to arbortracekitchen@gmail.com or Call 591-4851 between 1pm and 4pm
Dining room is open for reservations Please Call 438-4668 between 12 noon to 3pm daily. Dinner service is at 5:30 pm