



# Arbor Menu

Week of July 27th

*All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda  
Choice of Three Starters and Featured Dessert or Ice Cream*

## Featured Starters

*Please Choose up to Three Starters*

*All Starters Gluten Free Unless Noted \**

- Fresh Baked Assorted Roll \*
- Weekly Soup: Manhattan Seafood 
- Soup of the Day: As Listed
- Featured Starter: Summer Chickpea Salad 
- Weekly Side Salad: Garden Ranch
- Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Low Fat Cottage Cheese or Yogurt
- Un Sweetened Apple Sauce

## Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Flourless Chocolate Fudge Cake 
5. Fresh Berry Custard Pie

## Ice Cream

- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Butter Pecan
- Brown Butter Bourbon Truffle
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less  
& Low Sat Fat

 Gluten Free

 Dairy Free

## Daily Entrée Selections

**Monday, July 27th:**

**Soup of the Day: Tuscan White Bean & Spinach**  

**Option 1:** Louisiana Spiced Catfish with New Orleans Rice Pilaf, Summer Succotash, and Cajun Tartar Sauce   

**Option 2:** Grilled Chicken Caprese with Fresh Basil, Mozzarella Cheese, Tomato Leek Sauce, Mashed Potatoes, and Steamed Green Beans  

.....  
**Tuesday, July 28th:**

**Soup of the Day: Roasted Tomato Orzo**

**Option 1:** Seared Atlantic Salmon with Sundried Tomato Relish, Roasted Potatoes, and Steamed Asparagus   

**Option 2:** Baked Korean Style BBQ Meatballs with Broccoli, Carrots, Napa Cabbage, and Baby Bok Choy served with Steamed Sesame Brown Rice  

.....  
**Wednesday, July 29th:**

**Soup of the Day: Beer Cheese**

**Option 1:** Chicken & Applewood Smoked Bacon Tortellini with Gorgonzola Garlic Cream Sauce, Toasted Pinenuts, and Steamed Broccoli

**Option 2:** Panfried Breaded Pork Schnitzel with Brown Gravy, Braised Sour Kraut with Bacon, and House Made Spätzle

.....  
**Thursday, July 30th:**

**Soup of the Day: Creamy Tomato Basil** 

**Option 1:** Grilled Lake Trout  with Preserved Lemon Butter, Roasted Potatoes, and Steamed Asparagus  

**Option 2:** Oven Roasted Turkey Breast  with Mashed Potatoes, Roasted Brussels, and Orange Cranberry Relish  

.....  
**Friday, July 31st:**

**Soup of the Day: French Onion**

**Option 1:** Seared Gulf Shrimp Piccata with Lemon Caper Mushroom Butter, Linguine Pasta, and Fresh Broccolini (available  ) 

**Option 2:** Sliced Roast Beef Tenderloin with Horseradish and Gouda Mashed Potatoes, and Grilled Fresh Asparagus

**Options 3 - 6 listed on back of Menu**

# Arbor Menu

## (Page 2) Summer Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:30pm \*Please be seated by 6:15pm\*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm

## Featured Starters

*Please Choose up to Three Starters*

*All Starters Gluten Free Unless Noted \**

- Fresh Baked Assorted Roll \*
- Weekly Soup: Manhattan Seafood
- Soup of the Day: As Listed
- Featured Starter: Summer Chickpea Salad
- Weekly Side Salad: Garden Ranch
- Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Low Fat Cottage Cheese or Yogurt
- Un Sweetened Apple Sauce

## Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Flourless Chocolate Fudge Cake
5. Fresh Berry Custard Pie

## Ice Cream

- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Butter Pecan
- Brown Butter Burbon Truffle
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Alert staff to any allergies or dietary needs. In order to better serve you, Please keep substitutions to a minimum.*

## Saturday, August 1st

**Soup of the Day: Cream of Spinach**

**Option 1:** Baked Vegetable Spring Rolls with Sweet & Sour Sauce and Vegetable Fried Rice

**Option 2:** Grilled Ham & Cheese on Sourdough with White Cheddar, Provolone, and Mozzarella Cheese served with Creamy Tomato Basil Soup and Fresh Slaw

## Sunday, August 2nd

**Soup of the Day: Enchilada**

**Option 1:** Grilled Herb Marinated Chicken Breast with Balsamic Raspberry Melba Sauce, Wild Rice, and Chefs Vegetable Medley

**Option 2:** Ground Beef & Cheese Nachos with Corn Tortilla Chips, Beans, Olives, Tomato Salsa, and Sour Cream

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Fava Beans, Portobella Mushrooms, and Fresh Mozzarella Cheese (served with or without Grilled Chicken or Fish)

**Option 4:** Chilled Salad Trio with Honey Pecan Chicken, Egg, and Traditional Ham served with a Fresh Baked Muffin and Fresh Fruit Garnish

**Option 5:** House Smoked BBQ Beef Brisket Bowl with Steamed Rice, Black Beans, Avocado Salsa, and Pico di Gallo

**Option 6:** Grilled Alaskan Halibut with Macadamia Nut Ginger Butter, Roasted Potatoes, and Chefs Fresh Vegetable Medley

## Summer Eats: Did You Know?

**Carrots were once purple and yellow, not orange.**

The first records show that carrots were purple and yellow until the 1400s or 1500s. Dutch farmers selectively bred yellow and purple carrot varieties to create a stable, sweet, bright orange type