



Trellis/Bistro Menu


Week of October 6th

*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 Sweet Yeast Rolls *
- Side Sunburst Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Zuppa Toscana

Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

Desserts

Monday: Raspberry Sorbet

Tuesday: Pumpkin Pie

**Wednesday: Chocolate Peppermint
Cheesecake Cups**

Thursday: Tammy's Southern Pudding

Friday: Bumbleberry Pie

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Mint Chocolate Chip

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, October 6th:



Soup of the Day: Caribbean Callaloo 



Option 1: Blueberry Pancakes with Warm Maple Syrup,
Pork Sausage Links, and Fresh Fruit Salad

Option 2: Buttermilk Fried Chicken Thighs with Mashed
Potatoes, Maple Cider Gravy, and Southern Greens

Tuesday, October 7th:




Soup of the Day: Cream of Mushroom



Option 1: Seared Teriyaki Shrimp with Sweet Pineapple
& Red Pepper Salsa, Steamed Jasmine Rice, and Mixed
Asian Vegetables   

Option 2: Oven Roasted Turkey Breast  with Honey
Pecan Butter, Sweet Potato Hash, and Steamed
Asparagus 

Wednesday, October 8th:



Soup of the Day: Chicken Gumbo 

Option 1: Poached Atlantic Salmon with Creamy Dill
Yogurt Sauce, Baked Potato, and Steamed Peas &
Carrots   

Option 2: Herb Marinated Chicken Breast with Warm
Fall Pear Chutney, Wild Rice Pilaf, and Honey Glazed
Carrots   

Thursday, October 9th:

Soup of the Day: Beef Vegetable Barley 




Option 1: Broiled Gulf Shrimp & Crabcakes with
Roasted Corn Salad, Wild Rice Pilaf,  and Citrus
Aioli 

Option 2: Old Fashioned Salisbury Steak with
Mushroom Gravy, Mashed Potatoes and French Beans

Friday, October 10th:

Soup of the Day: Chili 

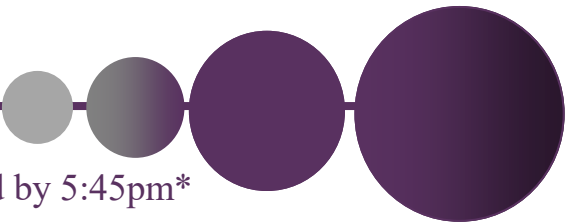
Option 1: New England Baked Haddock with Lemon
Bread Crumbs, Home Made Tartar Sauce, Herb Roasted
Potatoes, and Squash   (available 

Option 2: Cashew Chicken Stir Fry with Broccoli,
Sweet Bell Peppers, Onion, and Snow Peas served
with Brown Rice, Sesame Stir Fry Sauce, and Toasted
Cashews   

Additional Entrée Selections

Options 3 – 6 listed on back of Menu

Trellis/Bistro Menu



(Page 2) Fall Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm *Please be seated by 5:45pm*


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

Pick Up, Delivery & Curbside Service are available everyday

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- Fresh Baked Sweet Yeast Rolls *
- Side Sunburst Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Zuppa Toscana

Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt

Desserts

Saturday: Spice Cake with Cream Cheese Frosting

Sunday: Snickers Cake



Ice Cream


- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Salted Caramel Truffle

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.

Saturday, October 11th

Soup of the Day: Chicken Velvet 



Option 1: Classic Chef Salad with Iceberg Lettuce, Tomatoes, Cucumbers,  Shredded Cheese, Deli Turkey, Ham, and Egg  served with Thousand Island Dressing on the side

Option 2: Fried Chicken Wings with French Fries served with Fresh Celery, Carrots,  and Home Made Ranch Dressing




Sunday, October 12th



Soup of the Day: Creamy Tomato Basil


Option 1: Fried Coconut Shrimp with Orange Dipping Sauce,  Coconut Cream Rice, and Tropical Fruit Salad



Option 2: Pulled Pork Carnitas Tacos with Cabbage Slaw and Pineapple Salsa served with Black Beans and Rice  (available )

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Home Made Hummus,  and Mozzarella Cheese (served with or without Grilled Chicken)  

Option 4: Sunburst Salad with Grilled Chicken, Romaine Lettuce, Dried Cranberries, Mandarin Oranges, Toasted Almonds, Goat Cheese, and Raspberry Vinaigrette Dressing  

Option 5: Baked Brie Cheese with Local Apple & Fig Chutney and  Grilled Herb Flatbread

Option 6: Grilled Asian Tuna with Angel Hair Pasta, Peapods, Red & Yellow Peppers, Shitake Mushrooms, Napa Cabbage, Pickled Ginger, and Honey Soy Vinaigrette  

Beverage Menu

Wine Selection

Available by the Glass \$3 or Bottle \$12

Silver Gate of California

Pinot Grigio, Chardonnay, Merlot, or Cabernet Sauvignon

Beer Selection \$3

Labatt, Labatt Blue Light, or Shorts Brewing Company