



Trellis/Bistro Menu

Week of June 1st

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 Rolls *
- Side Salad: Caesar
- Featured Starter: Carrot & Raisin Salad (D)
- Weekly Soup: Chilled Gazpacho (GF) (D)

Always Available (GF)

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Key Lime Bomb
5. Flourless Chocolate Cake (GF)

Ice Cream (GF)

- RF NSA Vanilla & Chocolate
- RF NSA Turtle Sundae
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry
- Salted Brownie Sundae

RF Reduced Fat

NSA No Sugar Added

(GF) 500mg Sodium or less & Low Sat Fat

(GF) Gluten Free

(D) Dairy Free

Daily Entrée Selections

Monday, June 1st:

Soup of the Day: Mixed Vegetable (GF)

Option 1: Southern Shrimp & Grits with Parmesan Cheese and Bell Peppers served with Grilled Asparagus (GF)

Option 2: Stuffed Chicken with Brie Cheese served with Apple & Cranberry Relish, Wild Rice Pilaf, and Roasted Carrots

Tuesday, June 2nd:

Soup of the Day: Black Bean & Ham (GF)

Option 1: Fried Perch Basket with Fresh Lemon, Seasoned Fries, Home Made Tartar Sauce, and Cole Slaw (available (GF) (D))

Option 2: Grilled Chicken Thigh with Lemon Mint Vinaigrette, Roasted Potatoes, and Charred Sweet Corn with Summer Squash (GF) (D)

Wednesday, June 3rd:

Soup of the Day: Creamy Curry & Shrimp

Option 1: Tex Mex Chicken Fajitas with Sautéed Mixed Peppers, Onions, & Tomatoes (GF) served with Warm Flour Tortillas, Spanish Rice, Guacamole, (D) and Sour Cream (available (GF))

Option 2: Butternut Squash Ravioli with Grilled Chicken, Mixed Squash, and Sage Garlic Cream Sauce

Thursday, June 4th:

Soup of the Day: Potato (GF)

Option 1: Grilled Atlantic Salmon (D) with Smoked Shrimp Butter, Roasted Potatoes and Sautéed Spinach (GF)

Option 2: Grilled Pork Loin Chop (D) with Dijon Mustard Sauce, White Cheddar Mashed Potatoes, and Steamed Broccoli (GF)

Friday, June 5th:

Soup of the Day: Beef Barley

Option 1: Miso Glazed Gulf Shrimp Stir Fry with Broccoli, Carrots, Napa Cabbage, and Baby Bok Choy served with Steamed Brown Rice and Chopped Peanuts (GF) (D)

Option 2: Grilled Sliced Sirloin Steak (D) with Basil Butter, Baked Potato, and Grilled Asparagus (GF)

Options 3 - 6 listed on back of Menu

Trellis/Bistro 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

Pick Up, Delivery & Curbside Service are available everyday

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

Fresh Baked Assorted Rolls *

- **Side Salad: Caesar**
- **Featured Starter: Carrot & Raisin Salad** (D)
- **Weekly Soup: Chilled Gazpacho** (GF) (D) Salad

Always Available

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

Desserts

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Key Lime Bomb
5. Flourless Chocolate Cake (GF)

Ice Cream (GF)

RF NSA Vanilla & Chocolate

RF NSA Turtle Sundae

Road Runner Raspberry

Cappuccino Crunch

Midnight Caramel River

Mint Chocolate Chip

Black Cherry Fudge

Dark Chocolate Raspberry

Salted Brownie Sundae

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, June 6th

Soup of the Day: Queso Tortilla (GF)

Option 1: Chilled Shrimp Salad with Fresh Greens, Avocado, Red Onion, (GF) and Bacon served with Honey Mustard Dressing on the side (D)

Option 2: Warm Ham & Cheese Croissant with Lettuce and Tomato served with Cottage Cheese and Fresh Fruit

Sunday, June 7th

Soup of the Day: Smoky Corn Chowder

Option 1: Baked Spinach Pie with Cucumber Yogurt Sauce and Chickpea Quinoa Vegetable Salad (GF)

Option 2: Beef Taco Salad with Chopped Lettuce, Red Onion, Tomato, Black Olives, (D) Shredded Cheddar Cheese, Corn Tortilla Chips, Salsa, and Sour Cream (GF)

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Baby Spinach, Portobella Mushrooms, (D) and Fresh Mozzarella Cheese (served with or without Grilled Chicken or Fish) (GF)

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Cherry Tomatoes, (D) Shaved Parmesan Cheese, (GF) Homemade Garlic Croutons, and Robust Caesar Dressing

Option 5: Traditional Spaghetti with Meat Sauce, (D) Parmesan Cheese, Garlic Bread, and Garlic Green Beans (available (GF))

Option 6: Broiled Lake Superior Whitefish with Fresh Lemon and Tartar Sauce served with Rice Pilaf and Steamed French Beans (GF) (D)

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 Heineken