



# Trellis/Bistro Menu


Week of July 28th

*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 White Pan Rolls \*
- Side Italian Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Chilled Gazpacho

## 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: White Chocolate Raspberry Gelato**

**Tuesday: Blueberry Pie**

**Wednesday: Peach Dump Cake**

**Thursday: Espresso Chocolate Chip Cake**

**Friday: Lemon Meringue 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

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less  
& Low Sat Fat




 Gluten Free



 Dairy Free

## Dinner Entrée Selections

**Monday, July 28th:**

**Soup of the Day: Lemon Orzo** 




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

**Option 2:** Slow Roasted Pork Loin  with Wild Mushroom Dijon Mustard Cream Sauce, Parmesan Mashed Potatoes, and Honey Roasted Carrots 

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**Tuesday, July 29th:**

**Soup of the Day: Italian Wedding**



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

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

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**Wednesday, July 30th:**




**Soup of the Day: Smoked Salmon Corn Chowder** 

**Option 1:** Seared Carolina Trout with Lemon & Herb Butter, Steamed Redskin Potatoes, and Green Beans  

**Option 2:** Traditional Spaghetti with Meat Sauce Marinara,  Mozzarella & Parmesan Cheese, Grilled Garlic Bread, and Fresh Basil & Vegetable Medley (available )

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**Thursday, July 31st:**


**Soup of the Day: Chicken Noodle** 

**Option 1:** Poached Atlantic Salmon in Lemon & White Wine Broth served with a Baked Potato and Steamed Asparagus Medley   

**Option 2:** House Smoked Turkey Breast  with Honey Pecan Butter, Sweet Potato Hash, and Corn on the Cobb 

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**Friday, August 1st:**

**Soup of the Day: White Chicken Chili** 

**Option 1:** Hand Dipped Beer Battered Fried Cod with French Fries, Fresh Lemon,  Tartar Sauce, and Cabbage Slaw

**Option 2:** Grilled Sliced Pork Tenderloin with Sweet Raisin & Apple Chutney served with Wild Rice Pilaf and Mixed Squash & Zucchini   

## Additional Entrée Selections

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

# Trellis/Bistro Menu

## (Page 2) Dining Hours

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

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 White Pan Rolls \*
- Side Italian Salad
- Fresh Fruit: Clementines
- Weekly Soup: Chilled Gazpacho

## Always Available

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

## Desserts

Saturday: Sugar Cookies

Sunday: Novelty Ice Cream Bars

## 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

## Saturday, August 2nd

### Soup of the Day: Ham Bone

**Option 1:** Chilled Tuna Salad Croissant with Leaf Lettuce and Tomato served with Carrot-Raisin Salad and Ruffles Potato Chips

**Option 2:** Fried Chicken & Waffles with Warm Butter, Maple Syrup, and Tropical Fruit Salad

## Sunday, August 3rd

### Soup of the Day: Watermelon Gazpacho

**Option 1:** Cheese & Pepperoni Pizza served with a Petite Greek Salad with Feta Cheese, Olives and Tomatoes (available)

**Option 2:** Beef & Cheese Taco Salad with Crispy Corn Chips, Fresh Lettuce, Tomato, Black Beans, Green Onion, and Olives served with Mild Tomato Salsa & Sour Cream

## 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:** Grilled Chicken Salad with Romaine Lettuce, Ceci Beans, Roasted Red Peppers, Cucumbers, Local Heirloom Grape Tomatoes, Garlic Croutons, and Italian Vinaigrette Dressing

**Option 5:** Seared Spiced Sirloin Steak Salad with Romaine Lettuce, Cherry Tomatoes, Buttermilk Onion Rings, Fried Cornbread Croutons, and Bacon Ranch Dressing

**Option 6:** Grilled Ham Steak with Honey Mustard Sauce, Mashed Potatoes, and Oven Roasted Carrots

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.

## 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