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

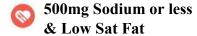
Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added



Gluten Free

D 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 (a) with Wild Mushroom Dijon Mustard Cream Sauce, Parmesan Mashed Potatoes, and Honey Roasted Carrots GP

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 O O O

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 🔕 🄀



Option 2: Traditional Spaghetti with Meat Sauce Marinara,

Mozzarella & Parmesan Cheese, Grilled Garlic Bread, and Fresh Basil & Vegetable Medley (available 1)

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 (D) with Honey Pecan Butter, Sweet Potato Hash, and Corn on the Cobb G

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 W @ 0

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 G 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 🔕 🚭

with a Dat

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

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, ② and Mozzarella Cheese (served with or without Grilled Chicken) ③ ⑤

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, ②and Bacon Ranch Dressing

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

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