

ARBOR ROOM

BREAKFAST

SERVED DAILY FROM 7:30 AM TO 9:00 AM

BREAKFAST PLATTERS

| | |
|---|-------------|
| Country plate | <i>3.00</i> |
| two eggs cooked your way, bacon or sausage, toast | |
| Pancake or French toast platter | <i>3.00</i> |
| three pancakes or French toast, bacon or sausage | |
| sunshine breakfast | <i>3.60</i> |
| two eggs cooked your way, mixed fruit, yogurt | |
| Breakfast bowl | <i>3.60</i> |
| grits, scrambled eggs, sausage, bacon, cheddar | |

OMELETS

| | |
|--|-------------|
| Cheese omelet | <i>3.20</i> |
| (3) eggs and cheddar | |
| Ham & cheese omelet | <i>3.60</i> |
| (3) eggs, ham, cheddar cheese | |
| Texas omelet | <i>3.60</i> |
| (3) eggs, sausage, onion, bell peppers, cheddar cheese | |

BUILD A BREAKFAST SANDWICH

| | |
|---|-------------|
| Bread | <i>0.60</i> |
| white or wheat toast, biscuit, spinach wrap | |
| Egg | <i>0.60</i> |
| scrambled or fried your way | |
| Cheese | <i>0.60</i> |
| sliced American or shredded cheddar | |
| Meat | <i>1.20</i> |
| Bacon or sausage | |

BREAKFAST PASTRIES

| | |
|----------------------|-------------|
| Bagel | <i>1.80</i> |
| Cinnamon roll | <i>1.80</i> |
| Muffin | <i>1.80</i> |
| Scone | <i>1.80</i> |



À LA CARTE

| | |
|---------------------------------|-------------|
| Egg your way (1) | <i>0.60</i> |
| Bacon (3) | <i>1.20</i> |
| Pork sausage patties (2) | <i>0.90</i> |
| Stone ground grits | <i>0.90</i> |
| Oatmeal | <i>0.90</i> |
| Fresh seasonal fruit | <i>0.90</i> |
| Toast | <i>0.60</i> |
| Cereal | <i>0.90</i> |

BEVERAGES

| | |
|----------------------------------|-------------|
| Canned soda | <i>0.90</i> |
| Coffee | <i>0.90</i> |
| Dunkin donuts iced coffee | <i>3.00</i> |
| Bottled juice | <i>1.20</i> |
| Bottled water | <i>1.20</i> |
| Gatorade | <i>1.50</i> |
| Gold peak tea | <i>1.50</i> |
| Ensure | <i>1.50</i> |
| Milk | <i>0.90</i> |
| Lactaid | <i>1.50</i> |
| V8-bottled | <i>2.10</i> |

Brook Bistro

MONDAY — THURSDAY FROM 11:30 AM UNTIL 6:00 PM & FRIDAY FROM 11:30 AM UNTIL 2:00 PM

SALADS

| | |
|-----------------------|-----------|
| House salad | 1.20/2.40 |
| Caesar salad | 1.20/2.40 |
| Greek salad | 1.80/3.00 |
| Smoked salmon platter | 6.00 |

Choice of dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island

SANDWICHES + WRAPS

| | |
|---|------|
| BLT | 3.60 |
| Chicken, tuna, or egg salad croissant | 3.60 |
| Pimento cheese sandwich | 3.60 |
| Build your own sandwich | 3.60 |
| ham, turkey, or corned beef on white, wheat, sourdough, rye, croissant or brioche bun | |
| 1/2 sandwich + soup | 3.60 |
| blt, chicken, tuna or egg salad + a cup of soup | |

SIDES

| | |
|-------------------------|------|
| Coleslaw | 0.90 |
| Waffle fries | 0.90 |
| Shoestring french fries | 0.90 |
| Onion rings | 0.90 |
| Sweet potato fries | 0.90 |
| Activia | 1.20 |
| Selection of chips | 0.90 |

BEVERAGES

| | |
|---------------------------|------|
| Canned soda | 0.90 |
| Coffee | 0.90 |
| Dunkin donuts iced coffee | 3.00 |
| Bottled juice | 1.20 |
| Bottled water | 1.20 |
| Gatorade | 1.50 |
| Gold peak tea | 1.50 |
| Ensure | 1.50 |
| Milk | 0.90 |
| Lactaid | |

1.50

BISTRO SPECIAL OF THE WEEK

Chicken Salad Sandwich 3.60

Chicken salad, lettuce, tomato, Swiss cheese, on toasted rye bread

FEATURED SALADS

Trio Salad 4.80

A scoop of chicken salad, tuna salad, and pimento cheese on a bed of lettuce. Served with crackers

Asian chicken salad 4.80

spring mix, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing

Chef salad 4.80

ham, turkey bacon, tomato, cucumber, egg, cheddar cheese, ranch dressing

Sunshine chicken salad 4.80

grilled chicken, raisins, mandarin oranges, almonds, poppyseed dressing

FEATURED SANDWICHES

California club 4.20

sliced ham & turkey, avocado, swiss cheese, bacon, lettuce, tomato, mayonnaise on toasted white bread

Grilled chicken sandwich 4.80

grilled chicken breast, honey mustard, bacon, swiss cheese on a brioche bun

Hot ham & cheese 4.20

ham with melted swiss, spicy mustard on rye toast

Greek wrap 4.20

grilled chicken, iceberg lettuce, diced tomatoes, cucumber, olives, tzatziki sauce, feta cheese in a spinach wrap

FLATBREADS

Hawaiian flatbread 5.40

diced pineapple & ham, marinara, mozzarella

Margherita flatbread 5.40

sliced tomatoes, sliced fresh mozzarella, pesto

Build your own 5.40

marinara, pesto, or olive oil, pepperoni, sausage, mushrooms, peppers, onions, spinach, cheddar or mozzarella

ARBOR ROOM

LUNCH MENU

FOR THE WEEK OF APRIL 15TH | SERVED FROM 11:30 AM UNTIL 1:30 PM

MONDAY

Beef & barley soup
Creamy chicken noodle soup

Garlic buttered potato wedge
Low sodium protein: Mahi (GF)

(GF) Salmon cake with Cajon remoulade
Sloppy Joes
(GF) *Grilled asparagus
(GF) *Buttered steamed carrots

TUESDAY

Chili
Loaded potato soup

*Roasted red potatoes (GF)
Low sodium protein: Flounder (GF)

(GF) *Baked flounder
(GF) Loaded hamburger steak
(GF) *Steamed broccoli
(GF) Sautéed spinach

WEDNESDAY

Chicken stew
Steak and potato soup

Potatoes au gratin
Low sodium protein: Pork Ribeye (GF)

(GF) *Grilled pork ribeye w/ apples
Chicken cordon bleu
(GF) *Roasted cabbage
*Sautéed green beans

THURSDAY

Tomato bisque
Chicken tortilla soup
Pico de gallo
*Spanish rice

Low sodium protein: Chicken Breast (GF)

Fried shrimp taco
Chicken Al pastor
(GF) *Fajita vegetable
(GF) Pinto beans

FRIDAY

Ham & bean soup
Chicken gnocchi soup

*Creamy risotto (GF)
Low sodium protein: Salmon (GF)

Fried parmesan ravioli w/ marinara
(GF) Parmesan crusted salmon
(GF) *Vegetable medley
(GF) *Steamed broccoli

SATURDAY

Garden vegetable soup
Corn chowder soup

*Mashed sweet potatoes
Low sodium protein: Shrimp (GF)

Stuffed portabella mushroom
Cubed Steak with onion gravy
(GF) *Honey buttered carrots
(GF) *Cole slaw

SUNDAY

Sausage & bean soup
Creamy chicken soup
Pancake platter
Made to order omelet (3.60)
Low sodium protein: Salmon (GF)

Fried chicken
Braised short ribs
Mashed potatoes w/ gravy
(GF) Sautéed squash & zucchini
(GF) *Corn & bacon sauté

ARBOR ROOM DINNER MENU

FOR THE WEEK OF APRIL 15TH | SERVED FROM 4:30 PM UNTIL 6:30 PM

MONDAY

Beef & barley soup
Creamy chicken noodle soup

*Potato au gratin (GF)
Low sodium protein: Mahi (GF)

Grilled herb chicken thighs
(GF)*Blackened mahi mahi
(GF)*Roasted cauliflower
(GF)*Sautéed vegetable medley

TUESDAY

Chili
Loaded potato soup

Cilantro lime rice * (GF)
Low sodium protein: Flounder (GF)

(GF) Beef tacos
Chicken fajitas
(GF) Refried beans
Chips & queso

WEDNESDAY

Chicken stew
Beef and potato soup

Mashed potatoes
Low sodium protein: Pork Ribeye (GF)

(GF) Grilled chicken with rosemary cream sauce
Crab Cake with remoulade sauce
(GF)*Broccolini
(GF)*Asparagus bites

THURSDAY

Stuffed bell pepper soup
Chicken tortilla soup
Baked sweet potato*
Low sodium protein: Chicken Breast (GF)

(GF) Beef brisket
(GF) BBQ chicken thighs
Baked Beans
(GF) Green bean casserole

FRIDAY

Ham & bean soup
Tomato bisque
Hummus & pita chips
Rice pilaf
Low sodium protein: Salmon (GF)

(GF) Greek chicken tender
Grilled lamb gyro
(GF) Tomato & cucumber salad
(GF) Mediterranean vegetable blend

SATURDAY

Garden vegetable soup
Corn chowder soup

Buttered egg noodles
Low sodium protein: Shrimp (GF)

Fried shrimp with cocktail sauce
Pork schnitzel with tomato gravy
(GF)*Vegetable mix
(GF)*Green bean almandine

SUNDAY

Sausage & bean soup
Creamy chicken soup
Pancake platter
Made to order omelet (3.60)
Low sodium protein: Salmon (GF)

Baked ziti
(GF) Blackened Salmon
Squash casserole
(GF)*Asparagus
*Rice & gravy

ARBOR ROOM CAFÉ

FROM THE GRILL

| | |
|-------------------------------------|-------------|
| Wesley commons burger | <i>4.20</i> |
| 1/4 lb. all beef hot dog | <i>3.00</i> |
| Corned beef or turkey Reuben | <i>4.20</i> |
| Grilled cheese sandwich | <i>1.80</i> |
| Cheese quesadilla | <i>2.40</i> |
| Chicken quesadilla | <i>3.00</i> |
| Grilled chicken breast | <i>3.00</i> |
| Hamburger patty | <i>3.00</i> |
| Chicken finger platter | <i>3.60</i> |
| Build your own sandwich | <i>3.60</i> |

ham, turkey, or corned beef on white, wheat, sourdough, rye, croissant or brioche bun

Grill Special

Fried chicken sandwich 4.20

Fried chicken breast, pickle slices, mayonnaise, on a brioche bun

SALAD BAR

2.40 small bowl | 4.20 large bowl | 0.90 salad feature (small container)

spring mix, chopped iceberg, diced cucumbers, cherry tomatoes, diced eggs, sliced onion, sliced mushrooms, olives, fresh seasonal fruit, cheddar, mozzarella, feta, croutons, sliced olives, salad feature

choice of dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island

SIDES

| | |
|--------------------------------|-------------|
| Baked or sweet potato | <i>0.90</i> |
| Sweet potato fries | <i>0.90</i> |
| Coleslaw | <i>0.90</i> |
| Waffle fries | <i>0.90</i> |
| Shoestring french fries | <i>0.90</i> |
| Onion rings | <i>0.90</i> |
| Fresh seasonal fruit | <i>0.90</i> |
| Activiayogurt | <i>1.20</i> |
| Selection of chips | <i>0.90</i> |

DESSERTS

| | |
|-----------------------------|-------------|
| Assorted cookies (2) | <i>0.60</i> |
| Fudge brownie | <i>1.20</i> |
| Assorted desserts | <i>2.10</i> |



The Silver Leaf



April 25th & 26th

Appetizer

Shrimp Bruschetta Salad \$10

Marinated shrimp, garlicky tomato basil salad, served with toast points

Ahi Tuna Salad \$10

Pan seared tuna served over seaweed salad, drizzled with sweet soy sauce and pickled ginger

Entrées

Entrées are accompanied by a Half WC House with choice of dressing or Caesar Salad

Pan Seared Red Snapper \$18

Pan seared herb crusted red snapper served over Truffle creamy risotto, sautéed haricots verts, and finished with a citrus beurre blanc sauce

Filet Mignon \$18

Grilled 6 oz filet mignon served with whipped mashed potatoes and grilled asparagus, red wine demi glaze

Pecan Crusted Chicken Breast \$15

Served with whipped mashed potatoes and grilled asparagus, topped with maple mustard glaze

Desserts

Lemon Raspberry Cheesecake \$4

Marble Banana Chocolate Cake \$4

Reservations Required

Reservations can be made starting April 18th at 9am

Please call 227-7490

[***Fine Dining Hours: Thursdays & Fridays 4:30pm – 6:30 pm***](#)