

Entrée's

Baked Crabmeat Imperial This Dish is Gluten Free

*"Del-Mar-Va" Backfin Crabmeat classic tossed with Sweet Bell peppers, Capers & Spices
Served steamed fresh vegetables & Lemon-Caper Butter sauce*
\$13.00

"Whiskey Row" Pork Tenderloin This Dish is Gluten Free

*Bourbon-glazed Pork Tenderloin with crumbled Smithfield Bacon & warm Spiced Peaches
Served with steamed fresh vegetables*
\$12.00

N.Y. Strip This Dish is Gluten Free

*Char-grilled N.Y. Strip loin steak cooked just the way you like it!
Served with steamed fresh vegetables, crispy-fried Tobacco Onions & Arbors Steak sauce*
Petit portion \$ 8.00 Full portion \$12.00

Yankee Pot Roast This Dish is Gluten Free

*Old-fashioned braised Beef Pot Roast simmered in Merlot Wine-Mushroom gravy
Served with steamed fresh vegetables*
\$12.00

Bavarian Chicken Schnitzel

Pretzel-crusted Chicken Breast served with steamed fresh vegetables & Bavarian Honey-Mustard glaze
\$10.00

Arbors "Pizza-Pizza"

*Personal-sized Pizza pie "topped your way"
Available toppings: Pepperoni, Italian Sausage, Sweet Bell Peppers, Onions, Black Olives, Extra cheese*
\$10.00

*All entrees served with the choice of Dinner salad - or - Soup of the Day
Desserts \$3 each; a selection is included for each resident's main meal of the day*

**Virginia Health Department regulations prohibit the service of raw or undercooked meats, poultry, shellfish or eggs*

Salads & Sandwiches

Chef's Soup Kettle

Be sure to check the Chef's Daily Specials for what we offer today

Cup \$2.50 Bowl \$3.75

Arbors Dinner Salad This Dish is Gluten Free

Your choice of: Mixed greens with Mandarin Oranges & Sweet Craisins, classic Caesar or warm Spinach salad

\$4.00

Arbors Chef's salad This Dish is Gluten Free

Mixed Green salad topped with julienne Smoked Ham, Turkey Breast, Swiss & Cheddar cheeses served with Grape Tomatoes, Cucumber, hard-cooked Eggs, chopped Smithfield Bacon & your choice of salad dressing

Small \$7.50 Large \$8.50

"Mulligatawny Chicken Salad" This Dish is Gluten Free

Warm Curried Chicken Breast sautéed with Sweet Bell peppers & Onions served over a Mixed Green Salad with Craisins, sliced Apples, toasted Cashews & Pineapple-Mango Vinaigrette dressing served with griddled Naan bread

Small \$7.50 Large \$8.50

Arbors Club Sandwich

"Deli-style" Turkey Breast, Smoked Ham, Smithfield Bacon & Swiss cheese with lettuce, tomato & 1000 Island dressing served on toasted Sourdough

\$7.50

Grilled Hamburger

Grilled 100% Beef Hamburger served on a griddled Kaiser roll with lettuce, tomato & red onions

Add a slice of cheese if you like: American, Cheddar or Swiss

\$7.00

Ms. Kitty's Grilled Cheese

Grilled American cheese with vine-ripened tomatoes & Smithfield Bacon on griddled White toast

\$5.00

Grilled Hot Dog

Nathan's 100% Beef Hot Dog with Chili sauce & Onions served on a steamed roll

\$4.50

All sandwiches are served with your choice of French fries, Cole slaw -or- Onion rings

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