

ARBOR ROOM BREAKFAST

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

BREAKFAST PLATTERS

country plate	4.00
two eggs cooked your way, (2)bacon or sausage, toast	
pancake or French toast platter	4.50
three pancakes or French toast, bacon or sausage	
sunshine breakfast	3.50
two eggs cooked your way, mixed fruit, yogurt	
breakfast bowl	4.00
grits, scrambled egg, sausage, bacon, cheddar	

OMELETS(3 eggs)

ham & cheese omelet	3.50
ham, cheddar cheese	
Texas omelet	4.50
sausage, onion, bell peppers, cheddar cheese	
Build your own omelet	2.50
Omelet add-ons: bacon, ham, cheese, spinach	
peppers, tomatoes, mushrooms	.50

BUILD A BREAKFAST SANDWICH

bread	1.00
white or wheat toast, biscuit, spinach wrap	
egg	0.75
scrambled or fried your way	
cheese	0.75
sliced American or cheddar	
meat	1.50
bacon, sausage patty, or sliced ham	

BREAKFAST PASTRIES

bagel	1.50
cinnamon roll	1.75
muffin	2.00
scone	1.75



egg your way (1)	0.75
bacon (1, 2, or 3 pcs)	.75/1.50/2.00
pork sausage patties (2)	1.50
stone ground grits	1.00
oatmeal	1.00
fresh seasonal fruit	1.25
toast	1.00
cereal	1.00
hash browns	1.50
yogurt parfait	2.25

BEVERAGES

canned soda	1.00
coffee	1.00
Dunkin donuts iced coffee	3.00
bottled juice	1.50
bottled water	1.20
Gatorade	2.00
gold peak tea	2.00
ensure	2.00
milk	1.00
Lactaid	1.50
V8-can	1.20

ARBOR ROOM LUNCH MENU

FOR THE WEEK OF SEPTEMBER 8TH | SERVED FROM 11:30 AM UNTIL 1:30 PM

MONDAY

Clam Chowder
Turkey & Rice (GF)

Rice & Gravy
Low sodium protein: Chicken Breast (GF)

Veal Fritter w/ Piccata Sauce
Mango & Shrimp Curry
(GF) *Steamed Carrots
(GF) *Stewed Yellow Squash

TUESDAY

Broccoli & Cheese
Ham & Cabbage (GF)

*Roasted Sweet Potatoes (GF)
Low sodium protein: Salmon (GF)

Sausage, Penne, Peppers, & Onions in Marinara
*Salmon w/ Capers & Hollandaise
Broccoli Casserole
(GF) *Garlic Butter Mushrooms

WEDNESDAY

Steak & Ale
Sweet Potato Stew (GF)

Mashed Potatoes & Gravy
Low sodium protein: Pork Ribeye (GF)

Potato Leek
Brunswick Stew

Yellow Rice (GF)
Low sodium protein: Cod (GF)

Meatloaf
Cordon Bleu
(GF) *Corn
(GF) *Peas

THURSDAY

Potato Leek
Brunswick Stew

Yellow Rice (GF)
Low sodium protein: Cod (GF)

(GF) Kielbasa Skillet
(GF) Blackened Catfish
(GF) Stewed Tomatoes
(GF) *Sautéed Spinach

FRIDAY

She Crab
Chicken Noodle

Yams (GF)
Low sodium protein: Shrimp (GF)

(GF) Honey Garlic Salmon
Manicotti
(GF) *Steamed Broccoli
(GF) *Roasted Carrots

SATURDAY

Mushroom Brie
Vegetable (GF)

Waffle Fries (GF)
Low sodium protein: Chicken Breast (GF)

Chicken Fingers
Shrimp Salad Roll
(GF) *Fruit Salad
(GF) *Cucumber & Tomato Salad

SUNDAY

Roasted Red Pepper & Gouda
Chili (GF)
Pancake Platter
Omelet(\$2.50, .50 per filling item)
Low sodium protein: Pork Ribeye (GF)

Fried Chicken
Sausage & Cheddar Cheese Quiche
Mac & Cheese
Watergate Salad
Green Bean Casserole

ARBOR ROOM DINNER MENU

FOR THE WEEK OF SEPTEMBER 8TH | SERVED FROM 4:30 PM UNTIL 6:30 PM

MONDAY

Clam Chowder

Turkey & Rice (GF)

Parmesan Orzo

Low sodium protein: Chicken Breast (GF)

Lobster Ravioli

Chicken Florentine

(GF) *Roasted Asparagus

(GF) Artichoke Salad

TUESDAY

Broccoli & Cheese

Ham & Cabbage (GF)

Hash Brown Casserole

Low sodium protein: Salmon (GF)

Tuna Casserole

Chicken Fricassee w/Brown Butter

(GF) *Shaved Brussels Sprouts

(GF) *Roasted Root Vegetables

WEDNESDAY

Steak & Ale

Sweet Potato Stew (GF)

Potato Au Gratin

Low sodium protein: Pork Ribeye (GF)

Garlic Parmesan Pork Ribeye

Fried Chicken Livers & Gravy

(GF) Turnip Greens

(GF) Lima Beans

THURSDAY

Potato Leek

Brunswick Stew

Garlic Toast

Roasted Potatoes

Low sodium protein: Cod (GF)

Spaghetti & Meat Sauce

Cod w/ Piccata Sauce

(GF) Southern Green Beans

Fried Okra

Upscale Dining Tonight

FRIDAY

She Crab

Chicken Noodle

Cilantro Lime Jasmine Rice (GF)

Low sodium protein: Shrimp (GF)

(GF) Tequilla Lime Chicken Thighs

(GF) Teriyaki Shrimp

(GF) Bok Choy

Pineapple Casserole

Upscale Dining Tonight

SATURDAY

Mushroom Brie

Vegetable (GF)

*Wild Rice

Low sodium protein: Chicken Breast (GF)

Crab Cake(\$4)

Chicken Caprese

(GF) *Peas

(GF) *Steamed Vegetable Medley

SUNDAY

Roasted Red Pepper & Gouda

Chili (GF)

Pancake Platter

Low sodium protein: Pork Ribeye (GF)

Pork Ribeye w/ Cider Sauce

Citrus Baked Tilapia

Sweet Potato Casserole

(GF) *Steamed Broccoli

(GF) *Spiced Apples

Brook Bistro

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

SALADS

House salad	1.75/3.25
Caesar salad	2.00/3.50
Greek salad	2.50/4.50
Smoked salmon platter	6.50

Choice of dressings:

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

SANDWICHES + WRAPS

BLT	4.50
Chicken, tuna, or egg salad croissant	4.50
Pimento cheese sandwich	4.00
Build your own sandwich	4.00
ham, turkey, or corned beef on white, wheat, rye, croissant or brioche bun	
1/2 sandwich + soup	4.25
BLT, chicken, tuna or egg salad & a cup of soup	

SIDES

Coleslaw	0.75
Salad Feature	1.25
Potato chips	1.25
Fruit cup	1.25

BEVERAGES

Canned soda	1.00
Fountain soda	1.25
Coffee	0.90
Dunkin donuts iced coffee	3.00
Bottled juice	1.50
Bottled water	1.20
Gatorade	2.00
Gold peak tea	2.00
Ensure	2.00
Milk	1.00
V8-can	1.20

BISTRO SPECIAL OF THE WEEK

Alfredo Flatbread 6.00

Alfredo sauce, mozzarella cheese, sliced tomatoes and fresh basil (no substitutions or add-ons on special)

FEATURED SALADS

Trio Salad 6.00

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

Asian chicken salad 6.50

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

Chef salad 6.50

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

Sunshine chicken salad 7.00

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

FEATURED SANDWICHES

California club 7.00

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

Italian sub 6.50

salami, pepperoni, ham, provolone cheese, lettuce, tomato, and Italian dressing on a hoagie bun

Caesar chicken wrap 6.00

grilled chicken, romaine lettuce, tomatoes, parmesan cheese, Caesar dressing in a spinach wrap

Greek wrap 7.00

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

FLATBREADS

Hawaiian flatbread 6.00

diced pineapple & ham, marinara, mozzarella

Margherita flatbread 6.00

sliced tomatoes, sliced fresh mozzarella, pesto

Marinara & mozz (add'l toppings .50 each) 5.00

marinara, pesto, or olive oil, pepperoni, sausage, ham, banana peppers, mushrooms, peppers, onions

ARBOR ROOM CAFÉ

FROM THE GRILL

WC burger w/ LTO	5.00
Hamburger patty	4.00
1/4 lb. loaded hot dog	4.25
1/8 lb. loaded hot dog	3.25
Corned beef or turkey Reuben	5.00
Grilled chicken sandwich	6.50
Hot ham & Swiss	5.00
Grilled cheese sandwich	2.25
Cheese quesadilla	3.00
Chicken quesadilla	4.50
Grilled chicken breast	4.00
Chicken finger platter	4.50
Build your own sandwich	4.00

ham, turkey, corned beef, chicken or tuna salad on white, wheat, rye, or croissant

Grill Special

Tuna Melt \$4.50

Tuna salad and Swiss cheese on grilled rye bread

SOUP & SALAD BAR

2.50 small | 4.50 large | 1.25 salad feature (small container)

1.75 small 8 oz. cup | 3.00 16 oz. cup | Quart 6.00

SIDES

Coleslaw	0.75
Baked or sweet potato	1.25
Sweet potato fries	1.25
Waffle fries	1.25
Shoestring French fries	1.25
Onion rings	1.50
Fresh seasonal fruit	1.25
Activia yogurt	1.00
Selection of chips	1.25

DESSERTS

Assorted cookies (2)	1.25
Fudge brownie	1.50
Triple berry tart	2.50
Coconut cream pie	2.50
Chocolate cake	2.50
Ice cream bars/cups	1.50/1.00

Wesley Commons Wine Dinner

5:00 PM

Friday, September 19th, 2025

Steak and Blue Cheese Bruschetta

Two crostini, sliced beef tenderloin, Clemson blue cheese, tomato jam, fresh basil, balsamic drizzle

Pumpernickel Panzanella Salad

Mixed greens, mandarin oranges, shaved parmesan, pumpernickel croutons, Dijon balsamic dressing

Airline Chicken Breast

Roasted airline chicken breast with a maple and mustard sauce. Served with butternut squash risotto and parmesan roasted asparagus

Pumpkin Cheesecake

Served with pumpkin spice whipped cream

Limited to forty-four people. You may call Ext. 7490 beginning Monday, September 8, at 9:00 am.
Each course will be paired with a complimenting wine. Cost per person is \$25.00