

Brook Bistro

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

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
Feature salad	1.25
Potato salad	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

Shrimp Caesar Wrap 6.00

Romaine lettuce, tomatoes, shrimp, parmesan cheese, and Caesar dressing on a spinach tortilla

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 LUNCH MENU

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

MONDAY

Chicken & Wild Rice
Tomato Basil

*Red Beans & Rice (GF)
Low sodium protein: Cod (GF)

Shrimp Po Boy

(GF) *Bone-In Baked Chicken
Corn Fritters
(GF) *Steamed Broccoli

TUESDAY

Lobster Bisque
Chicken Tortilla (GF)

Spanish Rice (GF)
Low sodium protein: Chicken Breast (GF)

Taco Tuesday

(GF) Beef Taco Bowl
Shrimp Tacos
(GF) Refried Beans
Chips & Queso/Salsa

WEDNESDAY

Loaded Potato
Portuguese (GF)

*Greek Lemon Potatoes
Low sodium protein: Salmon

(GF) *Greek Salmon
(GF) Braised Pork Shoulder
(GF) *Spanakopita Kale Salad
(GF) *Sautéed Green Beans

THURSDAY

Chicken & Dumpling
Minestrone

Wild Rice
Low sodium protein: Pork Ribeye (GF)

Chicken Parmesan w/ Spaghetti (GF pasta avail)
(GF) Ham Steak
(GF) *Peas
(GF) *Roasted Eggplant

FRIDAY

She Crab
White Bean (GF)

Potato Salad (GF)
Low sodium protein: Flounder (GF)

Fried Flounder
Ham & Cheese Pasta Bake
(GF) *Glazed Carrots
(GF) *Slaw

SATURDAY

Cheesy Cauliflower
Chicken Stew (GF)
Celery & Carrots
*Pasta Salad (GF)
Low sodium protein: Salmon (GF)

(GF) *Krab Salad
Chicken Wings
(GF) *Ambrosia Salad
Fried Green Beans

SUNDAY

Split Pea & Ham
Seafood Gumbo
Pancake Platter
Omelet (\$2.50, .50 per filling item)
Low sodium protein: Shrimp (GF)

Fried Chicken
*Breakfast Casserole
(GF) *Waldorf Salad
(GF) *Black Eyed Peas
Hash Brown Casserole

ARBOR ROOM DINNER MENU

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

MONDAY

Chicken & Wild Rice
Tomato Basil

Sour Cream & Cheddar Mashed Potatoes
Low sodium protein: Cod (GF)

(GF) *Cod w/ Herb Butter
Salisbury Steak
(GF) *Mixed Vegetables
(GF) Green Beans

TUESDAY

Lobster Bisque
Chicken Tortilla (GF)

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

Pulled Pork Sandwich
Chicken Divan
(GF) *Corn Pudding
(GF) *Steamed Cauliflower

WEDNESDAY

Loaded Potato
Portuguese (GF)

Potato Wedges (GF)
Low sodium protein: Salmon (GF)

Beer Battered Fish
Shepherd's Pie
(GF) *Braised Cabbage
(GF) *Baby Carrots

THURSDAY

Chicken & Dumpling
Minestrone

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

Shrimp Scampi (Gluten free pasta available)
(GF) Carved Roast Beef
Brussels Sprouts Casserole
(GF) *Steamed Vegetable Medley

FRIDAY

She Crab
White Bean (GF)

Dirty Rice
Low sodium protein: Flounder (GF)

(GF) Low Country Boil
(GF) *Pork Ribeye w/ Apples
(GF) *Roasted Broccoli & Cauliflower
(GF) *Roasted Asparagus

SATURDAY

Cheesy Cauliflower
Chicken Stew (GF)

*Vegetable Orzo
Low sodium protein: Salmon (GF)

(GF) *Dijon Crusted Salmon
(GF) Sante Fe Chicken
(GF) Pinto Beans
(GF) *Fiesta Corn

SUNDAY

Split Pea & Ham
Seafood Gumbo
Pancake Platter
French Toast
Low sodium protein: Shrimp

Chicken & Broccoli Alfredo
(GF) Pot Roast
(GF) *Succotash
(GF) *Roasted Carrots
(GF) *Roasted Potatoes

ARBOR ROOM CAFÉ

FROM THE GRILL

WC burger w/ LTO	5.00
Hamburger patty	4.00
1/4 lb. loaded Nathan's hot dog	4.25
1/8 lb. loaded Nathan's hot dog	3.25
Corned beef or turkey Reuben	5.00
Grilled chicken sandwich	6.50
Hot ham & cheese	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, or corned beef on white, wheat, rye, or croissant

Grill Special Patty Melt 5.50

Hamburger patty, sautéed onions, 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
Coconut cake	2.50
Cherry Pie	2.50
Red velvet cake	2.50
Ice cream bars/cups	1.50/1.00