

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 4.50
ham, cheddar cheese

Texas omelet 5.50
sausage, onion, bell peppers, cheddar cheese

Omelet add-ons: bacon, ham, cheese, peppers,
tomatoes, onions, spinach, 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
(2)bacon, (2)sausage patties, 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 1.25

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, sourdough, 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 chips	1.25
Fruit cup	1.25
House salad	1.75

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

Ham Salad Sandwich 5.00

House made ham salad served on your choice of bread

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 OCTOBER 20TH | SERVED FROM 11:30 AM UNTIL 1:30 PM

MONDAY

Corn Chowder
Italian Wedding

Country Fried Steak w/ White Gravy
Cheese Tortellini w/ Marinara
(GF) Apple, Walnut, & Feta Spinach Salad
(GF) *Steamed Broccoli

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

TUESDAY

Butternut Squash
Brunswick Stew

(GF) Boursin Cheese & Spinach Stuffed Salmon
Swedish Meatballs over Egg Noodles
(GF) *Roasted Brussels Sprouts
(GF) *Sautéed Zucchini & Squash

Potatoes Au Gratin
Low sodium protein: Salmon (GF)

WEDNESDAY

Steak & Ale
Turkey Chili (GF)

Beef Liver & Onions
(GF) Shrimp Creole Over Rice
(GF) Collard Greens
Tomato Pie

*White Rice & Gravy
Low sodium protein: Shrimp (GF)

THURSDAY

Cheesy Cauliflower
Polish Cabbage Roll (GF)

(GF) BBQ Ribs
Pecan Crusted Chicken
Fried Green Beans
(GF) Stewed Tomatoes

Pasta Salad
Low sodium protein: Flounder (GF)

FRIDAY

Broccoli & Cheese
Tuscan Chicken (GF)

Hamburgers
Hot Dogs
(GF) Baked Beans
(GF) *Corn on the Cob

Potato Salad
Low sodium protein: Cod (GF)

SATURDAY

Mushroom Brie
Chicken & Rice (GF)

(GF) Italian Sausage w/ Peppers & Onions
Fried Oysters
(GF) *Roasted Fall Vegetable Salad
(GF) Pinto Beans

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

SUNDAY

Potato & Bacon
Vegetable Beef (GF)
Pancake Platter
Omelet(\$3.50, .50 per topping)
Low sodium protein: Pork Ribeye (GF)

Fried Chicken
French Toast Casserole
(GF) *Black Eye Pea Salad
(GF) Parmesan Asparagus Bites
(GF) Warm Potato Salad

ARBOR ROOM DINNER MENU

FOR THE WEEK OF OCTOBER 20TH | SERVED FROM 4:30 PM UNTIL 6:30 PM

MONDAY

Corn Chowder
Italian Wedding

Rice Pilaf

Low sodium protein: Pork Ribeye (GF)

(GF) 1/2 Roasted Chicken

Smothered Pork Chop

(GF) *Bermuda Vegetable Blend

(GF) *Peas & Carrots

TUESDAY

Butternut Squash
Brunswick Stew

*Herb Roasted Potatoes (GF)

Low sodium protein: Salmon (GF)

(GF) Stuffed Bell Pepper

Chicken Crescent Casserole

(GF) Squash Casserole

(GF) *Sautéed Spinach & Grape Tomatoes

WEDNESDAY

Steak & Ale

Turkey Chili (GF)

Butternut Squash Mac & Cheese

Low sodium protein: Shrimp (GF)

Chicken Pot Pie

(GF) Ham

(GF) Dill Butter Carrots

(GF) *Beet Salad w/ Goat Cheese

THURSDAY

Cheesy Cauliflower

Polish Cabbage Roll (GF)

Hashbrown Casserole (GF)

Low sodium protein: Flounder (GF)

Lasagna

*Salmon Cake

Caesar Salad

(GF) *Roasted Asparagus

FRIDAY

Broccoli & Cheese

Tuscan Chicken (GF)

*Mashed Sweet Potatoes (GF)

Low sodium protein: Cod (GF)

Herb Crusted Cod

Asparagus & Mozzarella Stuffed Chicken

*Broccoli w/ Cheese Sauce

(GF) *Steamed Vegetable Medley

SATURDAY

Mushroom Brie

Chicken & Rice (GF)

Mashed Potatoes & Gravy

Low sodium protein: Chicken Breast (GF)

(GF) Monterrey Chicken

Cube Steak

(GF) Lima Beans

Fried Okra

SUNDAY

Potato & Bacon

Vegetable Beef (GF)

Pancake Platter

Low sodium protein: Pork Ribeye (GF)

Tomato Glazed Meatloaf

Snapper w/ Shrimp Cream Sauce(\$4)

(GF) *Peas & Pearl Onions

(GF) *Buttered Corn

(GF) *Baked Potato Bar

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

Mini Corndogs & Shoestring Fries 5.50
8 mini corndogs and fries

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	1.25
Fudge brownie	1.50
Lemon cake	2.50
French silk pie	2.50
Pineapple upside down cake	2.50
Ice cream bars/cups	1.50/1.00