

Menu

Mon-Saturday | Lunch and Dinner

Buffet

Country style BBQ pork
Garlic butter baked cod

A la Carte

Simply grilled chicken breasts with lemon herb vinaigrette
Grilled Mahi-mahi with blistered balsamic tomato
Seasonal ravioli with vegetables
Curry chicken with coconut rice

Sides

Whipped potatoes with cream and butter
Rice Pilaf
Roasted butternut squash
Steamed broccoli
Butter ginger beets

Carvery

Beef with snow peas
Steamed rice
Roasted carrots

Action

Grouper and pancetta Florentine
Buttered orzo
Toasted crostini

Pizza

Pepperoni
Veggie
Chef special

Lighter Fare

Woodlands burger
BLT
Simply grilled cheese
Greek grilled chicken salad

Salads

Asian ramen salad with chicken and sesame oil
Celery salad with apples, onions and walnuts

Soup

Loaded potato soup
White bean vegetable soup

Dessert

Red velvet cupcake
Banana pudding
Butterscotch blondie
Almond coconut macaron
Low sugar vanilla cheesecake
Low sugar apple pie
Daily selection of cookies
Daily selection of ice cream

Brunch Menu

Sunday Only

Omelet Bar - made to order

Bacon, ham, mushrooms

Bell peppers, onion, spinach, tomato, cheddar, jack cheese, swiss cheese

Brunch items

Applewood smoked bacon

Hashbrown casserole

Whole hog sausage

Creamer grits

Oatmeal

Buttermilk biscuits

Pancakes

Cheesy egg scramble

Sausage gravy

Bacon, broccoli and cheddar frittata

Shrimp cocktail

Carvery Station

Herb rubbed pork tenderloin with brown gravy

Macaroni and cheese

Roasted brussel sprouts

Desserts

Apple danish

Cream cheese danish

Blueberry danish

Cinnamon roll

Homemade biscuit with cane syrup buter

Assorted scones

Assorted muffins

Sol Menu

Thursday Dinner

First Course Choices

Mushroom and caramelized onion polenta bites

Beetroot cured salmon with dill and goat cheese in crispy rice

She Crab soup

Second Course Choices

Cod Provencal with tomato, olive, capers, served with sauteed green beans and parmesan risotto

Delicata squash boat stuffed with turkey, rice, cranberries and pecans with a herbed gravy

Bourbon steak and grilled shrimp with garlic mashed potatoes, asparagus and a bourbon glaze

Third Course Choices

Raspberry vanilla cream cake

Devils food cake with hazelnut cream, chocolate ganache and strawberries