

MONTECITO AND AVALON DINING ROOM

MENU ITEMS ROTATE ON A WEEKLY BASIS



HAKAN KOCAK, DIRECTOR

DANIEL BUSS, EXECUTIVE CHEF

GEORGE CARTWRIGHT, DINING ROOM MANAGER

ILEAH MORRISON, EVENTS & CATERING COORDINATOR

AVALON DINING MENU

APPETIZERS

Devils on Horseback

Bacon wrapped Dates with Blue Cheese

140 calories, 310 mg sodium, 2g fiber



Crudit  served with Ranch Dressing

230 calories, 420 mg sodium, 3g fiber



Hummus with Pita, Veggies, Feta Cheese, Olives

106 calories, 136 mg sodium, 2.7g fiber

Peach Crostini, Ricotta, Balsamic

350 calories, 320 mg sodium, 3g fiber

SOUP OF THE DAY SELECTIONS

MONDAY: Stracciatella

TUESDAY: Chicken Tortilla

WEDNESDAY: Stuffed Baked Potato

THURSDAY: Butternut Squash

FRIDAY: Manhattan Clam Chowder

SATURDAY: Cream of Asparagus

WEEKLY SOUP SELECTIONS

Chicken Noodle Soup

69 calories, 200 mg sodium, 1g fiber



Gazpacho

35 calories, 140 mg sodium, 3 g fiber

AVALON DINING MENU

SALAD OF THE DAY SELECTIONS

  **MONDAY:** Strawberry Spinach Walnut Salad
Spinach, Romaine, Cabbage, Strawberries, Walnuts, Goat Cheese,
Basalamic: 400 calories, 300mg sodium, 3g fiber

  **TUESDAY:** Cucumber & Golden Beet Salad
Roasted Golden Beets, Cucumber, Red Onion, Dill,
Red Wine Vinaigrette: 140 calories, 170mg sodium, 4g fiber

  **WEDNESDAY:** Waldorf Salad
Grapes, Apples, Celery, Walnuts, Mayonnaise, Lemon Juice
220 calories, 270 mg sodium, 3g fiber

  **THURSDAY:** Tomato Green Bean Salad
Green Beans, Onion, Tomato, Red Wine Vinaigrette
120 calories, 150mg sodium, 4g fiber

  **FRIDAY:** Harvest Salad
Beets, Cranberries, Mandarin Oranges, Walnuts, Blue Cheese,
Raspberry Vinaigrette
310 calories, 360mg sodium, 6g fiber

  **SATURDAY:** Beet & Feta Salad
Beets, Red Onion, Feta, Balsamic Vinaigrette
100 calories, 310mg sodium, 3g fiber

WEEKLY SALAD SELECTIONS

  **Mixed Green Salad with Cucumber, Tomato, and Onion**
140 calories, 150 mg sodium, 1 g fiber

 **Wedge Salad with Iceberg, Bleu Cheese, Bacon,**
Red Onions, Tomato: 92 calories, 185 mg sodium, 2.49g fiber

Caesar Salad with Romaine, Croutons, and Parmesan Cheese
235 calories, 276 mg sodium, 1g fiber

DRESSINGS: 1000 Island, Balsamic, Blue Cheese, Caesar,
Ranch, Raspberry Vinaigrette, Sesame Ginger, Italian

* ENTREE SALAD UPGRADES:

Chicken, Salmon, or Shrimp
Tofu

AVALON DINING MENU



ENTREES

CHEF'S WEEKLY SIGNATURE SELECTION



Grilled "Salmon Creek Farm" Pork Chop

Grilled Peaches, Roasted Sweet Potatoes, Grilled Zucchini

Pure Paso Red Blend - Paso Robles 2021

Trefethen Chardonnay - Napa Valley 2023

CHEF'S SPECIAL ENTREE OF THE DAY SELECTIONS

MONDAY: Asian Grilled Shrimp Salad

Napa Cabbage, Romaine, Peppers, Red Onion, Mango, Carrots,
Mandarin Oranges, Peanuts, Crispy Wontons, Asian Dressing

TUESDAY: Veal Liver & Onions

Bacon, Mashed Potatoes, Beets

WEDNESDAY: Beef Bolognese with Spaghetti

Garlic Bread

THURSDAY: Artisan Pizza

Artichoke, Sundried Tomato, Olives, Prosciutto, Mozzarella Cheese

FRIDAY: Ahi Tuna Poke Bowl

Calrose Rice, Edamame, Radish, Carrots, Nori, Cucumber, Avocado

SATURDAY: Roasted Half Chicken

Wedge Fries, Corn on the Cob

WEEKLY VEGETARIAN OPTIONS



Spring Vegetable Risotto

Mushrooms, Pea's, Swiss Chard, Asparagus, Parmesan
503 calories, 850 mg sodium, 2.6g fiber



Cheese Chili Relleno

Spanish Rice and Pinto Beans
530 calories, 820 mg sodium, 9g fiber



AVALON DINING MENU

WEEKLY ENTREES



Beef Bourguignon

Slow Roasted Beef, Red Wine Demi, Glazed Carrots, Mashed Potatoes
527 calories, 359 mg sodium, 7.2 g fiber

Grilled Mahi Mahi Tacos

Cabbage Slaw, Cilantro, Pico de Gallo, Rice, Beans, Flour Tortilla
710 calories, 950 mg sodium, 4 g fiber



BBQ Pork Baby Back Ribs

Macaroni and Cheese and Coleslaw
540 calories, 361 mg sodium, 3 g fiber

Chicken Parmesan

Spaghetti, Marinara, Mozzarella, Parmesan, Broccoli, Garlic Bread
497 calories, 874 mg sodium, 4.6 g fiber

ENTREES ALWAYS AVAILABLE



Build Your Own Omelet *served with fruit*

Choice of Bacon, Ham, Swiss, Cheddar, Peppers, Onion,
Spinach, Tomato: Approx 448 calories, 1000mg sodium, 1g fiber



Chicken Your Way

Steamed, grilled, or oven baked; comes with choice of two sides
169 calories, 87 mg sodium, 0g fiber

Grilled Prime Flat Iron Steak

With Bearnaise and choice of two sides
450 calories, 500 mg sodium, 0g fiber



Tofu

Steamed or Grilled with choice of two sides
90 calories, 280 mg sodium, 4g fiber

Pasta Your Way

Chef's choice Pasta, served with your choice of Marinara,
Pesto Sauce, or Garlic Oil. GF Available upon request.
Add: Chicken, Salmon, or Shrimp (+5 points).
Approx 179 calories, 518 mg sodium, 4g fiber



Salmon or Shrimp Your Way

Steamed, grilled, or sugar-spiced; comes with choice of two sides
191 calories, 343 mg sodium, 0g fiber

Stir Fry: Choice of Chicken, Tofu, or Shrimp

Sauteed Peppers, Onion, Broccoli, Mushrooms, Carrots with
Saigon or Teriyaki: Approx 720 calories, 1470 mg sodium, 4g fiber



AVALON DINING MENU

SANDWICHES *Served with House-made Chips*

Classic Angus Burger

Cheese, Lettuce, Tomato, Onion

Vegetarian Burger available upon request.

GF bun available upon request. 571 calories, 881 mg sodium, 2.6g fiber



Trio Salad

Choice of Chicken, Egg, or Tuna Salad

Served as a Sandwich or all Three Salads as a Plate

with Tomato Slices. 230 calories, 184 mg sodium, 1.2g fiber



Three Cheese Quesadilla

Served with pico de gallo and guacamole

790 calories, 1420 mg sodium, 4g fiber

The Club

Turkey, Bacon, Lettuce, Tomato, Avocado and Mayo on Croissant

240 calories, 424 mg sodium, 4.41g fiber

The Reuben

Corned Beef, Rye, Sauerkraut, Swiss, Thousand Island Dressing

600 calories, 2115 mg sodium, 6.28g fiber

Deli Sandwich - 8 / Half Sandwich - 4

Deli Sandwich (Turkey, Ham, or Grilled Cheese)

on your choice of Bread (White, Wheat, Sourdough,

Rye, Whole Grain) GF Bread available upon request

65-140 calories, 135-710 mg sodium, 0.5-1.5 g fat

All Beef Hot Dog

With Relish

640 calories, 1680 mg sodium, 3g fiber

SIDES

Broccoli

Mashed Potatoes

Glazed Carrots

Pinto Beans

Spanish Rice

Macaroni & Cheese

Calrose Rice

Brown Rice

House Chips

House Fries

Coleslaw

Baked Potato

Baked Sweet Potato



AVALON DINING MENU

DESSERTS

DAILY DESSERT SPECIALS

<u>MONDAY:</u>	Peaches & Cream Tart
<u>TUESDAY:</u>	Blueberry Lemon Panna Cotta
<u>WEDNESDAY:</u>	Spice Cake with Whipped Cream
<u>THURSDAY:</u>	Peach Raspberry Crisp
<u>FRIDAY:</u>	Oreo Cheesecake
<u>SATURDAY:</u>	Mango Mousse

MONDAY - WEDNESDAY WEEKLY DESSERTS

Strawberry Shortcake

Lighter Fare: GF Chocolate Mousse, Fruit Cup

Cookies: Chocolate Chip, *NSA*, Oatmeal Raisin

Ice Cream: Vanilla, Chocolate, Pink Champagne, Ice Cream of the Day

THURSDAY - SATURDAY WEEKLY DESSERTS

Hummingbird Cake *

Lighter Fare: Blood Orange Panna Cotta

Fruit Cup

Cookies: Chocolate Chip, *NSA*, Peanut Butter *

Ice Cream: Vanilla, Chocolate, Pink Champagne, Ice Cream of the Day

*with nuts

LS: low sodium

D: *Diet* available

NSA: no sugar added

AVALON DINING MENU

BEVERAGES *(Two Included with Meal)*

Apple	Coke- <i>D</i> *	Coffee
Cranberry	Mr Pibb - <i>D</i>	<i>Decaf</i> Coffee
Lemonade	Root Beer- <i>D</i>	<u>Teas:</u>
Orange	Sprite - <i>D</i>	Earl Grey.
Prune	Ginger Ale	English
V8	Iced Tea	Breakfast Green
V8- <i>LS</i> *	Club Soda	<u>Herbal Teas:</u>
	Arnold Palmer	Mint
	Jack Nicklaus	Lemon
	Three-Finger Zinger	Chamomile

*with nuts *LS*: low sodium *D*: *Diet* available *NSA*: no sugar added

Mr. Dash Available by request.
Salt Substitute available by request.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Before placing your order, please inform your server if a person in your party has a food allergy. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.