

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

Fried Wisconsin Cheese Curds, Tomato Sauce

410 calories, 930mg sodium, .5g 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



Cheese and Crackers with Grapes

140 calories, 200 mg sodium, 1g fiber

SOUP OF THE DAY SELECTIONS



MONDAY: Tomato Basil



TUESDAY: Southwest Vegetable

WEDNESDAY: Mulligatawny

THURSDAY: Chicken Lemon Orzo

FRIDAY: New England Clam Chowder



SATURDAY: Tuscan Chicken and Bean

WEEKLY SOUP SELECTIONS

Chicken Noodle Soup

69 calories, 200 mg sodium, 3g fiber



Chilled Vichyssoise, Leek Potato Soup

160 calories, 240 mg sodium, 2 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
270 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 Swordfish,
Roasted Tomato, Summer Squash, Olives and Cannellini Beans, Olive Tapenade
- Pure Paso Red Blend - Paso Robles 2021*
Trefethen Chardonnay- Napa Valley- 2023

CHEF'S SPECIAL ENTREE OF THE DAY SELECTIONS

-  **MONDAY:** Rare Seared Tuna Nicoise Salad
Potato, Tomato, Haricots Vert, Olives, Capers, Anchovy, Egg, Tapenade

-  **TUESDAY:** Grilled Chicken Paillard
Asparagus, Lemon Aioli, Arugula Tomato Salad, Balsamic

- WEDNESDAY:** Pork Curry
Basmati Rice, Sauteed Spinach, Mango Chutney

- THURSDAY:** Chicken Cacciatore
Capellini Pasta, Green Beans

- FRIDAY:** Grilled Patagonian Ocean Trout
Crushed New Potatoes, Roasted Summer Squash, Lemon Butter Sauce

- SATURDAY:** Carne Asada Tacos
Salsa Roja, Cilantro Rice, Beans

WEEKLY VEGETARIAN OPTIONS

-   Curry Cauliflower Steak
Cannellini Bean Puree, Pine Nut Gremolata, Asparagus
455 calories, 545 mg sodium, 12g fiber

-   Plantiful Bowl
Kale, Quinoa, Butternut Squash, Black Beans, Thai Sweet Pepper Glaze
390 calories, 900 mg sodium, 17g fiber

AVALON DINING MENU

WEEKLY ENTREES

Slow Roasted Beef Stroganoff
Mushroom Gravy over Egg Noodles with Peas
452 calories, 794 mg sodium, 4.8 g fiber

Cioppino
Seafood Stew with Mussels, Salmon, White Fish, Bay Scallops
and Shrimp with Crusty Bread
457 calories, 1244 mg sodium, 4.3 g fiber

Chicken Fajita's
Onions, Peppers, Seasoned Chicken, Rice, Beans, Flour Tortilla
390 calories, 370 mg sodium 5g fiber

Pulled Pork Sandwich
Pulled Pork, Coleslaw, BBQ Sauce on Bun, with House Chips
662 calories, 648 mg sodium, 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
Bearnaise Sauce, 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

Black Beans

Peas

Steamed Asparagus

Calrose Rice

Brown Rice

House Chips

House Fries

Coleslaw

Baked Potato

Baked Sweet Potato



AVALON DINING MENU

DESSERTS

DAILY DESSERT SPECIALS

<u>MONDAY:</u>	S'mores Brownie
<u>TUESDAY:</u>	Banana Pudding
<u>WEDNESDAY:</u>	Boston Cream Pie
<u>THURSDAY:</u>	Dulce de Leche Cheesecake
<u>FRIDAY:</u>	Walnut Brownie *
<u>SATURDAY:</u>	Cannoli

MONDAY - WEDNESDAY WEEKLY DESSERTS

Lemon Shortcake

Lighter Fare: Mango Mousse

Fruit Cup

Cookies: Chocolate Chip, *NSA*, Oatmeal Raisin

Ice Cream: Vanilla, Chocolate, Lemon Sorbet, Ice Cream of the Day

THURSDAY - SATURDAY WEEKLY DESSERTS

Chocolate Silk Pie

Lighter Fare: Angel Food Cake with Berries, Whipped Cream*

Fruit Cup

Cookies: Chocolate Chip, *NSA*, White Chocolate Macadamia Nut *

Ice Cream: Vanilla, Chocolate, Lemon Sorbet, 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	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.