



at ALVAMAR

### Hours of Operation

#### Lunch

11:30 am – 1:00 pm  
(Monday – Saturday)

#### Dinner

4:45 pm – 6:30 pm  
(Monday – Saturday)

#### Sunday Brunch

11:00 am – 1:00 pm

# The Woodlands Restaurant

Thank you for dining with us at Brandon Woods at Alvamar. It is our goal to give our residents the best dining experience possible. Fresh homemade salads and soups are made daily. To conclude your meal, we offer a variety of dessert choices ranging from pie and cake, to ice cream and fresh fruit. If you are diabetic, ask about our selection of sugar free items. Please ask your server if you need any assistance during your dining experience.

For dinner reservations, the direct number is 838-8000, ext 22117. We request that when you have guests that reservations are made 24 hours in advance.

## Starters

Please enjoy one of our starters:

*Soup du jour*

*Three Bean Salad*

*Fruited Jello*

*Pickled Beets*

*Tossed Salad*

*Cole Slaw*

*Pasta Salad*

*Potato Salad*

## Salads & Fruit

### *Fried Chicken Tenderloin Salad*

All white meat chicken tenders, deep fried and served on top of fresh greens and salad vegetables

### *Chef Salad*

Diced turkey, ham, hard boiled egg and cheese tossed together with salad vegetables.



### *Grilled Chicken Salad*

Marinated grilled chicken breast sliced atop a bed of fresh greens.

### *Cobb Salad*

Assorted lettuces topped with diced turkey, bacon, hard cooked eggs, tomatoes, black olives and blue cheese.

# Entrées

## Chicken Fried Steak

Breaded beef fried golden and topped with thick cream gravy.

## Chicken Fried Chicken Breast

Crispy breaded chicken breast fried and topped with thick cream gravy.

## Teriyaki Chicken

A chicken breast marinated in soy sauce, pineapple juice and ginger. Garnished with a grilled pineapple ring.

## Fried Chicken

Home-style crispy fried chicken.



## Honey Lemon Grilled Chicken

Grilled Chicken Breast with lemon honey marinade and sesame seed topping.

## Breaded Chicken Tenders

Crispy all white meat chicken strips deep fried and served with your choice of dipping sauce.

## Breaded Catfish Strips

Fried catfish served with tartar sauce and fresh lemon.

## Fried Shrimp

Golden brown butterflied shrimp with a crunchy breading. Served with cocktail sauce and fresh lemon.



## Rocky Mountain Trout

Flaky trout baked with a crunchy tomato and green onion coating.

## London Broil

Grilled marinated tri tip sirloin served with a white wine and tarragon sauce.

## Chicken Parmesan

Breaded chicken breast fried and topped with marinara sauce and mozzarella cheese.

## BBQ Ribs

Baby back pork ribs slow cooked in a BBQ marinade.



## Grilled Tuna with Mandarin Orange Pico De Gallo

Sushi Grade tuna grilled with a delectable topping of mixed tomato, avocado, garlic, and mandarin orange.

## Calves Liver and Onions

Calves liver hand breaded and pan fried, topped with sauteed onions.



## Grilled Tilapia

Mild white fish grilled to sear in flavor. Served with tartar sauce and fresh lemon.

## Pork Chops

Tender grilled pork cutlets.

## Grilled Salmon with White Sauce

Top of the catch smothered with a creamy alfredo sauce.

## Meatloaf

Thick slice of savory homestyle meatloaf smothered in brown gravy.

# Sandwiches

## Classic Hamburger

A 6 ounce Black Angus beef patty grilled to order. Served with your choice of cheese, lettuce, tomato, sliced onion and pickle.

## Chili Dog

All-beef hot dog topped with our homemade chili. Served on a hoagie roll.

## Reuben

Thinly sliced corned beef, swiss cheese, sauerkraut and thousand island on grilled rye bread.

## Sloppy Joe

An American classic! Seasoned ground beef served on a hamburger bun. Cheese available on request.

## Patty Melt

Grilled beef patty topped with American cheese and sautéed onions. Served on grilled rye bread.



## Grilled Chicken Sandwich

Savory chicken breast grilled and served on a bun with lettuce, tomato and a pickle spear.

## Hot Dog on a Bun

All beef hot dog grilled and served on a bun.

## French Dip Sandwich


Thinly sliced roast beef on a hoagie roll. Served with hot au jus.

## Fried Fish Sandwich

Breaded fish patty served with tartar sauce on a bun. Cheese available on request.

## Blue Cheese Burger

A grilled beef patty topped with tangy bleu cheese sauce. Served with lettuce, tomato, pickle and onion.



## Portobella Burger

Fresh, garden herb seasoned Portobella mushroom served on a Kaiser Roll with fresh lettuce, tomato, and fat free aioli sauce.

## Chicken Fried Chicken Sandwich

Tender chicken breast breaded and fried golden brown. Served on a bun with lettuce, tomato and a pickle spear.

# Sides

French Fries  
Onion Rings  
Tator Tots  
Mashed Potatoes  
Baked Potato

Home Fries  
Potato Chips  
Fried Okra  
Broccoli  
Cauliflower

Asparagus  
Carrots  
Green Beans  
Corn on the Cob

# Desserts

Ask your server for today's dessert selections.

## Create Your Own Sandwich

Choose from the following proteins, cheeses and breads to create the sandwich of your choice. Standard dress includes lettuce, tomato and a pickle spear.

### Proteins

Ham  
Turkey  
Roast Beef  
Chicken Salad  
Egg Salad  
Bacon  
Tuna Salad

### Cheeses

American  
Swiss  
Cheddar  
Provolone

### Bread

White  
Whole Wheat  
Rye  
Kaiser Roll  
Sourdough  
Ciabatta

## Create Your Own Fruit Plate

Choose from the following to accompany your fresh fruit:



Chicken Salad

Tuna Salad

Egg Salad

## Create Your Own Pasta

Choose one item from each category:

### Pastas

Spaghetti  
Bowtie  
Mostaccioli  
Fettucini

### Sauces

Marinara  
Meat Sauce  
Alfredo Sauce  
Chicken Alfredo

### Helping Our Guests Lead Healthy Lives

All items denoted with our Healthy Lifestyles navigator symbol meet the American Heart Association's criteria for low cholesterol, low fat, and low sodium.

