

THE ACKERLY

AT TIMBERLAND

 A LEISURE CARE PREMIER COMMUNITY

Tamarack Restaurant

Winter Dinner Menu

4:00PM to 7:00PM

Local Crafted Beer & Wine \$5.99

SALAD & SOUPS

House soup:

Tomato Basil

Today's Soup:

Please Ask Your Server

Garden salad

Choice of Dressing

(Lettuce, Cucumber, Onion, Tomato)

CHEF PREPARED SALADS

(with *Home Made Dressings. Honey Lemon Vinaigrette available*)

Caesar Salad*

(Chopped Romaine Lettuce, Romano Cheese, Dressing, Croutons and Lemon Wedge)

Greek salad*

(Greens, Balsamic Dressing, Kalamata Olives, Mushrooms, Cherry Tomatoes, Cucumber, Feta Cheese and Red Onion)

Spinach Salad*

(Spinach, Sherry Vinaigrette, Blue Cheese, Craisins, Almonds and Red Onion)

Add Grilled Chicken, Lemon Shrimp, Fried Tofu, or Tempeh*

Sides Available

(Please Choose Any Two Sides)

Veggie Medley	Wild Rice Pilaf
Steamed Cauliflower	Steamed Broccoli
Grilled Bok Choy	Roasted Yam
Rainbow Carrots	Yukon Mashed Potatoes
Sauteed Green Beans	Baked Potato

ITALIAN PASTAS

(Zucchini Noodles available*)

Alfredo Fettuccini

(Choice of Chicken, Shrimp Also, Alfredo or Pesto Sauce)

Spaghetti Carbonara

(Bacon, Egg Yolk and Cream Sauce, Fresh Herbs and Topped with White Beans and Romano Cheese)

Garlic Noodles

(Spaghetti Noodles, Brown Butter, Bacon, Mushrooms, Parsley and Feta Cheese)

All pastas come with a sliced of roasted garlic ciabatta.

FROM THE GRILL

Grilled Tempeh*

Pan Fried Tofu Steak*

Grilled Chicken

Lemon Garlic Shrimp

(Served on a bed of Wild Rice Pilaf)

Petite Steak

(Topped with Demi Glaze)

All American Burger

(Cheese and Bacon)

Impossible Burger*

(Vegan Choice)

CLASSICS

Pan Seared Seasonal Fish

(Topped with Fresh Garlic, Basil, Tomato and Citrus Insalata)

Homestyle Glazed Meatloaf

(Topped with Demi Glazed)

Today's

Drinks

Coffee
Decaf Coffee
Hot Tea
Hot Chocolate

Orange juice
Cranberry Juice
Apple Juice
Lemonade

Milk
Low fat Milk
Almond Milk
Soda