



SAMPLE MENU

Our chefs are constantly introducing new menus for our residents to enjoy.
Below is a sampling of menu items our residents enjoy daily.

HEART HEALTHY OPTIONS

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

APPETIZERS

Sausage Stuffed Mushrooms with Rosemary Sauce

Mushrooms stuffed with spiced Ground Pork, Cheddar Cheese and Garlic served with Rosemary Sauce

Lettuce Cups with Stir-Fried Chicken

Wok-seared Chicken, Mushrooms, Green Onions and Water Chestnuts served with crisp Lettuce Cups

Chicken Skewers with Honey Mustard Sauce

Cubed Breast of Chicken marinated and grilled to perfection served with a Honey Mustard Sauce

Oysters Rockefeller

Oysters on the half-shell topped with parsley, a rich Butter Sauce and Bread Crumbs then baked

Fried Oysters with Chipotle Aioli

Oysters battered and fried to a golden brown served with a Chipotle Aioli Sauce



Pacific Regent
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SAMPLE MENU

APPELIZERS (continued)

Smoked Salmon and Crème Fraiche Tartlet

Cornmeal crust filled with a Crème Fraiche Custard and topped with slices of Salmon

Shrimp Cocktail

Cooked Shrimp chilled in a spicy Tomato-Juice Cocktail with Avocado, Red Onion and Cilantro served with Lemon

Spanakopita

Authentic Greek Pie stuffed with Spinach, Onions, Cheeses and Herbs that are all enfolded by crispy, flaky Phyllo Dough served with Tzatziki Sauce



Tomato Basil Bruschetta

Chopped fresh Tomatoes with Garlic, Basil, Olive Oil and Vinegar served on toasted slices of French Bread



Red Pepper Hummus

Creamy Hummus made with sweet Red Bell Peppers, Chickpeas, Garlic and Tahini served with Artichokes and Pita Chips

Spinach and Artichoke Dip

Rich and creamy dip made from Parmesan Cheese, Spinach, Artichoke Hearts, Cream Cheese, Sour Cream and Garlic served with Toasted Baguette Chips



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SOUPS

- Albondigas (Mexican Meatball Soup)
- Beef Barley
- ♥ Black Bean Vegetable
- ♥ Butternut Squash and White Bean
- Chicken and Rice
- Chicken Tortilla
- ♥ Fall Harvest Vegetable
- ♥ Four Onion
- ♥ Lentil
- Lobster Bisque
- Manhattan Clam Chowder
- ♥ Potato Leek
- ♥ Roasted Red Bell Pepper Bisque
- ♥ Sweet Potato Bisque



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SALADS

DRESSINGS: 1000 Island, Bleu Cheese, Fat Free Italian, French Light, Greek Vinaigrette, Honey Mustard, House Ranch, Oil and Vinegar, Raspberry Vinaigrette



Garden Fresh Salad

Mixed Greens topped with Mushrooms, Cucumber, Tomatoes, Black Olives, Bell Pepper and Cheddar Cheese served with choice of Dressing



Greek Salad

Chopped Romaine and Iceberg Lettuce topped with Kalamata Olives, Tomatoes, Red Onions, Cucumbers and Feta Cheese served with Greek Vinaigrette Dressing



Caesar Salad

Chopped Romaine Lettuce topped with Seasoned Croutons and Parmesan Cheese choice to add Anchovy Filets served with Caesar Dressing



Tomato Carpaccio

Sliced fresh Tomatoes with shaved Red Onion, Capers, Lemon Zest and Arugula served with Olive Oil and Vinegar Dressing



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SALADS (continued)

Southwest-Style Shrimp Taco Salad

Romaine Lettuce topped with grilled Shrimp, roasted Corn, Black Beans and an Avocado Cream served in a Tortilla Basket

Mandarin Orange Salad

Baby Mixed Greens topped with Mandarin Oranges and sliced Almonds served with a Citrus Vinaigrette Dressing

La Jolla Shrimp Salad

Romaine Lettuce topped with Bay Shrimp, Avocado, Apple, Dried Cranberries, Celery, Mandarin Oranges, Bleu Cheese and Almonds served with Parsley Vinaigrette Dressing



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ACCOMPANIMENTS

- ♥ Asparagus Spears
- Baked Beans
- ♥ Beet Medley
- ♥ Broccoli Gratin
- Buttered Lima Beans
- Cornbread & Almond Stuffing
- Corn Succotash
- Creamed Spinach
- ♥ Eggplant & Zucchini Sauté
- ♥ Fennel & Apple Sauté
- ♥ Fresh Baked Yams
- Golden Crisp French Fries
- ♥ Green Beans
- ♥ Grilled Zucchini
- ♥ Herbed Brown Rice



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ACCOMPANIMENTS (continued)

- ♥ Herbed Orzo Pasta
- Mashed Potatoes
- Mushroom Risotto
- ♥ Parsley Carrots
- Pesto Penne Pasta
- ♥ Roasted Cauliflower
- ♥ Sautéed Garlic Spinach
- ♥ Sautéed Kale and Cabbage
- ♥ Seasoned Quinoa
- ♥ Seasoned Red Potatoes
- ♥ Squash Medley
- Spinach Soufflé
- ♥ Steamed Peas
- ♥ Sugar Snap Peas
- ♥ Wild Rice



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COMFORT FOOD FOR THE SOUL



Baked Ziti

Mushrooms, Onions, Garlic, Zucchini, Tomatoes and a No-Cheese Sauce baked with Ziti Pasta

Chicken Parmesan

Breaded Chicken Breast lightly topped with Marinara Sauce and Parmesan Cheese served over Linguini Noodles

Chicken Penne Pesto Pasta

Grilled Chicken tossed with Penne Pasta, Pesto, Red Bell Peppers and Mozzarella Cheese garnished with Basil

Lasagna Florentine

Lasagna Noodles layered with Spinach, Marinara Sauce, Ricotta, Parmesan and Mozzarella Cheese then oven baked

Turkey Pot Pie

Roasted Turkey Breast, fresh Vegetables and Cream baked in a Puff Pastry Crust

Beef and Cheese Enchiladas

Spiced Ground Beef and Cheddar Cheese rolled in Corn Tortillas and baked in a Red Enchilada Sauce served with Spanish Rice



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FROM THE LAND

Grilled Bison Burger

Stuffed Mozzarella Burger grilled to your specification topped with Lettuce, Tomato and Onions on a Hamburger Bun served with Garlic Fries

Prime Rib

Tender and flavorful Prime Rib prepared to your specification served with Horseradish and Au Jus for dipping

Peppercorn Crusted New York Strip Steak

Center cut New York Steak lightly seasoned and grilled to your specification served with sautéed Onions and Mushrooms

Grilled Filet Mignon with Béarnaise Sauce

Tender Filet Mignon lightly seasoned and grilled to your specification served with a Béarnaise Sauce

Steak Diane

Choice Beef Tenderloin Medallions seared to your specification finished with Brandy, Mushrooms, Shallots and a Garlic Cream Sauce

Smoked Pork Roast

Pork Roast slowly smoked for tenderness and flavor served with an Apple Cider Jus



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FROM THE LAND (continued)

Smoked BBQ Pork Ribs

Baby Back Pork Ribs lightly smoked and finished with a sweet and tangy BBQ Sauce

Rack of Lamb with Roasted Garlic Sauce

Rack of Lamb seared and encrusted with Dijon Mustard, Garlic and Rosemary flavored Bread Crumbs roasted to your specification served with a side of Mint Jelly

Corned Beef and Colcannon

Corned Beef served with Cabbage, Red Potato & Bacon sauté topped with a Dijon Mustard Sauce

Chateaubriand

Beef Tenderloin roasted whole and to your specification served with a rich Merlot Sauce

Veal Marsala

Veal Scaloppini sautéed with Mushrooms and Marsala

Osso Buco

Braised Veal Shanks served with Risotto alla Milanese



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FROM THE SEA

Seafood of the Day

Your server will inform you of this evening's selection

Baked Salmon in Parchment Paper

Fresh Salmon Filet baked in Butter, Dill, White Wine, Lemon, Garlic and julienned Vegetables

Filet of Sole

Oven baked fresh Sole Filet topped with Lemon Butter served with Cornbread and Almond Stuffing

Maryland Blue Crab Cakes

Crab Cakes made from Golden Blue Crab and Crackers, seasoned with Old Bay seasoning served with Remoulade Sauce

Lobster Crepe

Lobster meat wrapped in a Crepe and topped with Béchamel Sauce

Tilapia Lemon Parmesan

Broiled Tilapia Filet topped with a Mayonnaise Lemon Parmesan Sauce



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FROM THE SEA (continued)

Sautéed Mahi-Mahi

Fresh Mahi-Mahi Filet cooked to perfection served with fresh Pineapple Salsa

Fish & Chips

Tempura battered Fish Loins served with crispy French Fries, Coleslaw, Ketchup, Tartar Sauce, Lemon and Malt Vinegar on the side

Marinated Shrimp Skewers

Herb marinated Jumbo Shrimp skewers, charbroiled to order

Coconut Shrimp

Shrimp coated with Coconut served with Plum Dipping Sauce

Steamed Alaskan King Crab Legs

Steamed Alaskan King Crab Legs served with warm drawn Butter



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POULTRY ENTRÉES

Free Range Chicken Breast

Chicken Breast cooked to perfection served with a Mushroom, Artichoke Heart and Sherry Wine Sauce

Roasted Game Hen with Citrus Clove Glaze

Game Hen prepared with Lemon Juice, Orange Marmalade, Cloves and Bourbon then roasted

Teriyaki Glazed Chicken and Asparagus over Rice

Chicken Breast strips stir-fried with Asparagus and glazed with Teriyaki Sauce served over Jasmine Sticky Rice

Parmesan Crusted Chicken Breast

Marinated Chicken Breast encrusted with Parmesan and Bread Crumbs then baked until golden brown and topped with a Sage-Butter Sauce

Chicken Marsala

Sautéed Chicken Breast covered with Mushrooms and Marsala Wine

Roasted Turkey

Turkey Breast and Thigh expertly roasted served with Stuffing and Gravy

Duck Confit

Duck Leg served atop of fresh Mushroom Risotto with braised Grapes

Duck à l'Orange

Seared Duck Breast served with a spicy Orange Sauce



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VEGETARIAN ENTRÉES

Penne Pasta & Tofu Primavera with Pesto Sauce

Penne Rigate Noodles, sautéed Broccoli, Bell Pepper, Onions and Tofu tossed in Pesto Sauce garnished with Black Olives

Julienned Vegetable Linguini

Linguini Pasta tossed with sautéed julienned Zucchini, Carrots and Red Pepper topped with Garlic Sauce and Portabella Mushroom strips

Grilled Portabella, Eggplant, Tomato & Tofu Stack

Grilled Vegetables layered with marinated Tofu then oven baked and topped with roasted Red Pepper Sauce

Teriyaki Boca Burger

Grilled Vegan Black Bean Patty served with grilled Pineapple, Tomato slices and Red Onion then wrapped in Iceberg Lettuce

Mexican Bean and Rice Casserole

Savory Black Beans, roasted Peppers, Corn, Rice, Ground Soy Protein layered with a creamy Tofu Sauce

Farmers Market Skillet

Skillet of roasted fresh Corn off the Cobb, Red Potatoes, Zucchini, Crookneck Squash, Green Beans and Mushrooms tossed with fresh Oregano and Thyme and finished with sweet roasted Red Pepper Sauce



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DESSERTS

- Blackberry Lemon Meringue Pie
- Candied Ginger Cheesecake
- Chocolate Lava Cake
- Chocolate Truffle Cake
- Coconut Bliss Ice Cream (Lactose Free, Gluten Free, Vegan)
- Fresh & Dried Fruit with Artisan Cheeses
- Fruit of the Forest Pie
- Florentine Mousse Trio
- Gruyere, Apple and Pecan Turnover
- Lavender Crème Brûlée
- Lemon Sorbet with Berries
- Makers Mark Manhattan Gelatin
- Port Poached Pear