

# PLATES

## **Fresh Herb & Crumb Crusted Cod with Lemon Beurre Blanc**

served with sautéed spinach & mashed potatoes

## **Seven Spice Seared Sea Scallops with Wasabi Soy Glaze**

five day boat scallops, served with sautéed gingery snow peas & green jasmine rice

## **Brick Pressed Chicken with Parsley Gremolata**

french cut free-range half chicken with preserved lemon & herbs, served with sautéed tuscan kale

## **Beef Bourguignon**

“prime” angus beef braised with baby carrots, cremini mushrooms, pearl onions & fingerling potatoes

## **Citrus Blackened Scottish Salmon with Mango Pineapple Salsa**

served with grilled little gem lettuce & green jasmine rice

## **Pan Fried Crab Cakes with Lemon Basil Aioli**

served with grilled asparagus & celery root-fennel-apple slaw

## **Dolores’ Chicken Pot Pie**

roasted corn, red potatoes, carrots & peas with free-range chicken, topped with puff pastry

## **\* Oaxacan Spice Grilled Flat Iron Steak with Avocado Sauce**

8 oz “prime” angus beef, served with cherry tomato, arugula & frisée salad in chipotle vinaigrette & fries

## **1½ lb Butter Poached or Steamed North Atlantic Lobster**

butter poached served with sautéed spinach & mashed potatoes, steamed served with green salad & fries

## **\* Quinoa & Garden Pea Cakes with Arugula Orange Sauce**

organic quinoa, served with grilled little gem lettuce & sprinkled with pomegranate

Our meats & poultry, fish & shellfish are free of antibiotics, hormones & preservatives when possible (which is almost all of the time).

\*This menu item can be cooked to order. Consuming raw or undercooked meats, seafood or fish may increase your risk of food-borne illness, especially if you have certain medical conditions.

\*  Wellness Challenge Approved (wfeh.org)