

# PLATES

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

served with sautéed spinach & rustic mashed potatoes

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

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

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

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

## **Pulled Pork Chile Rellenos with Salsa & Chipotle Cream**

slow cooked pasture-raised heritage pork with aged cheddar & black beans, served with plantains

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

served with grilled little gem lettuce & 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 Tomatillo Sauce**

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

## **Lobster Bucatini with Spicy Tomato Sauce & Lemon Ricotta**

meat from a 1½ lb north atlantic lobster, crisp pancetta & fennel confit

( also available – 1½ lb steamed lobsters )

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

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

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 )