



Nourishing food for the soul

*Sample Fall/Winter Seated Plated Dinner Menu*

*Meat*

*Oven Roasted Chicken or Beef Tenderloin in Porcini Red Wine Reduction*

*Roasted Fingerling Potatoes*

*Beet and Goat Cheese Salad with Fresh Figs*

*French Green Beans Balsamic Reduction*

*Seafood*

*Roasted Salmon with Lemon Caper Beurre Blanc*

*Caramelized Onion and Spinach Risotto*

*Pear and Watercress Salad with Toasted Pumpkin Seeds and Honey Dijon Vinaigrette*

*Vegetarian*

*Pan Seared Tofu with Red Thai Curry*

*Sesame Garlic Bok Choy and Spinach*

*Coconut Jasmine Rice*