

BUFFET MEALS

First Harvest — April 15, 2008 – June 15, 2008



BREADS

Trio of Artisan Breads ★3★

PRODUCE FROM LOCAL FARMS

- ★4★ Farm Collection Salad with choice of dressing:
Basil Vinaigrette, Tomato-Paprika, Cilantro-Lime or Sesame-Miso
- ★4★ Home-Grown Tomato Bread Salad (Beginning late May)
- ★3★ Medley of Squash Varieties Tossed with Spring Garlic

STARCHES

- Rice Salad ★2★
- Light and Fresh Potato Salad ★2★
- Roasted Potatoes with Aged Gouda ★3★

VEGETARIAN ENTREES

- ★5★ Vegan Vegetable Stacks (best in tomato season)
- ★5★ Brown Rice and Goat Cheese Cakes with
Black Bean Gravy topped with Sun-Dried Tomato Pesto
- ★5★ Individual Lasagna Squares

FROM ECOFISH

- Plank-Grilled Sweet Soy Sockeye Wild Alaskan Salmon ★8★
- Poached Halibut with Warm Bacon Vinaigrette ★9★

FROM WEST WIND FARMS

all pasture raised

- ★7★ Crisp Skinned Drumsticks
- ★8★ Slow Herb Roasted Chicken'

FROM DAKOTA BEEF

- NY Strip Loin with a Balsamic Fig Glaze ★10★
- Beef Tenderloin ★12★

FROM WHOLESOME HARVEST

- ★12★ Frenched Rack of Lamb
- ★10★ Sirloin Lamb Chops
- ★9★ Pork Chops
- ★6★ Barbecue Shrimp Taco with Mango Pickled Red Onion Pico
- ★4★ Baby Burgers with Pasture Raised Beef, Blue Cheese and Cranberry Ketchup

FRESH AND
DELICIOUS

ECLECTIC YET
FAMILIAR

SIMPLY
FROM THE
EARTH

Our menus are
designed to
promote
optimal vitality.

We believe
organic food is
not only
healthier and
more nutritious,
but superior in
flavor and
texture.