



THE KITCHEN
for

EXPLORING FOODS

EST. 1984

Gourmet To Go Spring/Summer

-CHICKEN ENTREES

ROSEMARY ORANGE CHICKEN BREAST.....10.50

CILANTRO LIME CHICKEN BREAST10.50

CRISPY PARMESAN GARLIC CHICKEN BREAST..... 10.50

HONEY ROASTED CHICKEN BREAST

WITH ROOT VEGETABLES, SWEET POTATO, CARROT, FENNEL.....11.50

-FISH ENTREES

SPICED GRILLED HALIBUT

MANGO SALSA..... 18.00

PANKO CRUSTED HONEY MUSTARD SALMON..... 14.00

GRILLED MAHI

AVOCADO AND CORN SALSA..... 18.00

CHILI, LIME AND CUMIN COD..... 16.00

-BEEF ENTREES

GRILLED HANGER STEAK

WITH ASPARAGUS, SPRING ONION AND PRESERVED LEMON RELISH.....11.00

DRY RUBBED FLANK STEAK WITH GRILLED CORN SALSA.....13.00

THE KITCHENS MEATLOAF (SERVES 4) CHUNKY TOMATO SAUCE.....24.00

BBQ TRI TIP ROAST (SERVES 6) GRILLED WITH BBQ SAUCE.....48.00

-PORK ENTREES

8 HR PULLED PORK WITH TEQUILA LIME MARINADE.....7.00 (PER SERVING)

MUSTARD HERB CRUSTED PORK LOIN (SERVES 8-10).....95.00

-VEGETARIAN ENTREES

EGGPLANT PARMESAN

HOUSE MADE MARINARA, PARMESAN CHEESE AND BREADCRUMBS.....8.00

STUFFED PORTOBELLO MUSHROOM

GRILLED EGGPLANT, ZUCCHINI, PEPPERS, BREADCRUMB, ASIAGO.....12.00

-ENTREE SALADS (SERVES FOUR)

SPRING CHOPPED SALAD

BABY KALE, ARUGULA, RADICCHIO, RADISH, CHERRY TOMATO, AVOCADO, CORN MARCONA ALMONDS, GRAPES, GOLDEN BEET & HONEY TARRAGON DRESSING.....36.00

CALIFORNIA CHICKEN COBB GRILLED CHICKEN, ROMAINE, SPINACH, AVOCADO, TOMATO

DICED HAM, DICED TURKEY, MARINATED ARTICHOKES, HARD BOILED EGG CRUMBLLED BLUE CHEESE, GREEN GODDESS VINAIGRETTE.....44.00

TUNA NICOISE SALAD WHITE TUNA, SEASONAL GREENS, HARICOT VERTS, BABY RED POTATO SUN DRIED TOMATO, KALAMATA OLIVES, HARD BOILED EGG, WHITE BALSAMIC VINAIGRETTE.....42.00

MANGO AND SHRIMP SALAD

GRILLED SHRIMP, SEASONAL GREENS, DICED MANGO, CHERRY TOMATOES RED ONION, CILANTRO, FRESH LIME, HONEY LIME VINAIGRETTE.....48.00

SESAME BEEF & ASPARAGUS SALAD

SPICY THAI GLAZED STEAK, BUTTER LETTUCE, ASPARAGUS SPEARS, JULIENNED CARROTS & RADISH, CUCUMBER, RED ONION, MINT, SLIVERED ALMONDS, SESAME RICE VINAIGRETTE....44.00

-GREENS AND GRAINS (SERVES FOUR)

GREENS SALAD

SEASONAL GREENS, SHAVED ASPARAGUS, ZUCCHINI RIBBONS, FRESH PEAS, FAVA BEANS SLICED RADISH, GOAT CHEESE, HAZELNUTS, PARMESAN, LEMON DIJON VINAIGRETTE.....32.00

CHICKPEA ARUGULA AND CRISPY PITA BREAD SALAD

WILD ARUGULA, ROASTED PEPPERS, CUCUMBER, SUN-DRIED TOMATOES FRESH MINT, ALEPPO PEPPER, HONEY WHITE BALSAMIC VINAIGRETTE.....26.00

GRILLED PEACH SALAD

GRILLED PEACHES, BABY SPINACH, CUCUMBER, FENNEL, FENNEL FRONDS, RICOTTA, PINE NUTS, MAPLE BASIL OIL VINAIGRETTE26.00

SPRING PEA AND STRAWBERRY SALAD

SEASONAL GREENS, SNOW PEAS, FRESH PEAS, FRESH MINT STRAWBERRIES, FETA CHEESE, HONEY CHAMPAGNE VINAIGRETTE.....26.00

CITRUS ALMOND SALAD

SEASONAL GREENS, BASIL, GRAPEFRUIT, ORANGE, RED ONION SLIVERED ALMONDS, QUESO FRESCO, LEMON ZEST.....26.00

APPLE, CRANBERRY AND ALMOND COLE SLAW

WITH CABBAGE, CARROTS, GREEN ONION, YOGURT CIDER DRESSING.....22.00

SPICY THAI CUCUMBER SALAD

SPIRALIZED CUCUMBERS, CARROTS & GREEN ONION, PEANUTS, SPICY THAI DRESSING.....26.00

RATATOUILLE GRILLED PASTA SALAD

FUSILLI PASTA, GRILLED DICED EGGPLANT, ZUCCHINI, RED PEPPERS, FRESH BASIL CHERRY TOMATOES, SHREDDED PARMESAN, BALSAMIC HERB VINAIGRETTE.....26.00

MEXICAN STREET CORN PASTA SALAD

FARFALLE PASTA, FRESH CORN, BLACK BEANS, AVOCADO, GREEN ONION BACON, CILANTRO, JALAPENO, COTIJA CHEESE, CREAMY TAPATIO LIME DRESSING.....26.00

FARRO SALAD WITH ROASTED SUMMER VEGGIES

FARRO, BELL PEPPERS, ASPARAGUS, ZUCCHINI, PEAS, ARTICHOKES RED ONION, GARLIC, PARMESAN, LEMON AND OLIVE OIL.....26.00

MOROCCAN CHICKPEA SALAD

QUINOA, CHICKPEAS, CARROTS, GREEN ONION, DATES, PISTACHIOS GOLDEN RAISINS, PARSLEY, CUMIN, HONEY LEMON VINAIGRETTE.....26.00

-SIDES(SERVES FOUR)

ROASTED VEGETABLES

BROCCOLI, CAULIFLOWER, SUMMER SQUASH, ZUCCHINI, CARROTS
RED ONION, BALSAMIC.....30.00

BRAISED ARTICHOKE, CARROTS AND FAVAS

IN A CREAMY LEMON SAUCE.....30.00

WILD RICE AND WILD MUSHROOM PILAF

SAUTÉED WILD RICE, ONION, WILD MUSHROOMS, CHIVES, WHITE WINE,
OLIVE OIL, SALT AND PEPPER.....30.00

JEWELLED BASMATI RICE

WITH CARROTS, ONION, ORANGE, RAISINS, ALMONDS
PISTACHIO, DRIED CRANBERRIES, SAFFRON, CUMIN, TURMERIC.....26.00

GARLIC-PARMESAN ZUCCHINI AND CORN

ROASTED WITH HERBES DE PROVENCE, LIME.....26.00

STIR FIRED ASPARAGUS

WITH BACON AND CRISPY SHALLOTS.....30.00

ORANGE GLAZED CARROTS WITH GINGER AND CHIVES.....26.00

CRISPY CAULIFLOWER

WITH CAPERS, GOLDEN RAISINS, BREADCRUMB, PARSLEY.....22.00

LEMON ROSEMARY ROASTED POTATOES.....22.00

SMASHED NEW POTATO, ARTICHOKE AND SUN-DRIED TOMATO.....30.00

-SOUPS (PER QUART)

GREEN CUCUMBER AND MINT GAZPACHO WITH FRESH MINT AND YOGURT.....15.00

COCONUT CURRY SUMMER SQUASH SOUP TOASTED COCONUT.....15.00

VEGAN CARROT SOUP CARAMELIZED ONION, BASIL OIL....15.00

TRADITIONAL OR MANGO GAZPACHO.....15.00

LEMONY CHICKEN SOUP

WITH QUINOA AND SUMMER VEGETABLES.....20.00

CORN & ZUCCHINI CHOWDER.....20.00

