

BLACK & BLUE RESTAURANT WEEK

(\$30 Four course dinner)

January 2019

SALAD

Abundance Salad (Arugula, celery, beets, carrots, chickpeas, blackberries, apples & pecans, served with a lemon dressing.)

Lentil Salad (Creamy feta cheese with crunchy nuts & sweet grapes, topped with citrus & herb dressing)

APPETIZERS

Brussels Mussels (Belgian beer base, chorizo, fresh tarragon & thyme)

Empanadas (beef, chicken or vegan)

Hummus (served with grilled pita & veggies)

Mac & Cheese (original, crab, pulled pork, spicy or chili)

Brussels Sprouts (sauteed sprouts with bacon)

ENTREES

Garlic Skewers (beef/chicken/shrimp, served with fingerling potatoes & garlic sauce)

Pesto Salmon (served with lemon pesto, broccoli, asparagus & squash)

New York Steak (served with chimichurri sauce, fries & broccoli)

Hot-Mess Burger (ciabatta, lettuce, pepper jack cheese, chili & guacamole)

Barbecue Seitan Skewers (grilled seitan, mushrooms, peppers & zucchini)

Sweet Roots Bowl (brown rice topped with roasted beets, sweet potatoes, red onions, kale & almonds)
Optional: Chicken, Steak or Shrimp

DESSERT

Carrot or Chocolate cake