

Culinary Medicine; Feel Good Cuisine - Lunch Menu

Soup and Salad Appetizer

Vertical Tasting of a White Bean and Pumpkin Cappuccino with Arugula, Endive and Crispy Chickpeas
Soup – *thickened with a heat treated starch GMO Free, Gluten Free – Topped with a Ginger, Maple Foam*
Ruby Red Grapefruit Dressing for the salad with Toasted Pumpkin Seeds and Crumbled Gorgonzola

Main Course

Savory Chicken Breast Stuffed with Wild Mushrooms and Vegetables with Celeriac Sauce
Roasted Heirloom Beets with a Citrus Honey Glaze
Broccoli Slaw tossed in a Yogurt Dressing
Warm Yukon Gold & Sweet Potato Salad

Dessert

Peanut Butter & Jelly Panna Cotta
Goat milk Panna Cotta, Red Wine and Muscadine Grape Jelly, Homemade Granola, Peanut Dust