



Eat Your Heart Out Tri-Cities Dinner Series Menu

Starter

Choice of

Coombs Country Salad
Rockwell's Caesar
Rustic Flat Bread

Main Course

Choice of

Chicken Alsace
white wine au jus, fresh rosemary and sweet onion
Yukon Gold mashed potatoes and seasonal vegetables

Mango Curry Rock Shrimp
sautéed with garlic red pepper and mangos, tossed in curry sauce with mint and basil.
Served over basmati rice with fresh steamed bok choy

Simply Grilled Sirloin
Certified 8 oz. Angus Beef sirloin steak served with seasonal vegetables
choice of roasted red potatoes or Yukon Gold mashed potatoes.

Shanghai Sweet Chili Chicken
served over shanghai noodles and red peppers
garnished with fresh steamed bok choy

Capellini Brianza
sautéed with grape tomatoes, tomato sauce, garlic, fresh spinach, sprinkled with shaved
parmesan cheese and served with ciabatta toast

Dessert

Choice of

Aunt Delphinia's Sticky Toffee Pudding
The Vesuvius' Chocolate Volcano Cake

