490 west

DINNER

Summer / Fall
2012

Appetizers

Alsatian Onion Soup 9

Organic Spring Lettuce, Mango, Goat Cheese, Red Onion 9

Local Farm Beets, Goat Cheese, Green Apple, Walnut Pesto,

Garden Lettuce Mix 10

Avocado, Corn, Feta 10

Arugula & Spinach Salad, Toasted Almonds 8

Caesar Salad, Romano Cheese 8

Jumbo Lump Crab Cakes, Tomato Compote, Remoulade,
Chipotle Honey 12

Jumbo Shrimp 3 Ways, Bacon, Coconut, Cocktail 12

Baked Brie, Papaya, Apricot Chutney, Aged Balsamic 10

Escargot, Garlic and Butter 10

Sea Scallops, Potato Puree, Parsley Pesto, Truffle Oil 13

Yellow Fin Tuna Tartar, Hass Avocado, Wasabi Aioli 14

Steak and Egg, Beef Tenderloin, Ricotta 10

Pasta and Risotto

Risotto, Chorizo, Wild Mushrooms, Aged Parmesan 13/18

Lobster Ravioli, Marinara 15/23

Tagliatelle, Veal Bolognese 14/20

Ricotta Gnocchi, Sage, Brown Butter 12/18

Parpadelle, Mussels, Shrimp, Sea Scallops, White Wine, Herbs 24

Entries

Italian Eggplant, Fire Roasted Tomato's, Fresh Mozzarella, Aged Parmesan 18

Organic Chicken Cutlet, Rocket Arugula, Cherry Tomatoes, Red Onion, Parmesan 21

Maple Farms Duck Breast, Roasted Baby Potatoes, Asparagus, Black Currants 22

Pork Tenderloin, Sweet Potato Mash, Red Cabbage,
Pomegranate 23

Wild King Salmon, Black Bean Couscous, Almond Maple Crust,
Haricot Verts, Basil Cream 25

Brook Trout, Risotto, Haricot Verts, Gremolata 21

Halibut, Zucchini Fettuccini, Baby Potatoes 28

Angus Short Rib, Sweet Corn Polenta,
Wild Mushrooms 22

USDA Prime Strip Steak
Parmesan Truffle Frites, Wilted Spinach 30

Beef Tenderloin, Crispy Potatoes, Asparagus, Bordelaise 32

Sides

Wilted Spinach
Sweet Corn Polenta
Potato Au Gratin
Roasted Fingerlings
Asparagus
Haricot Verts

$5