

VIDA *Gourmet*

Lunch Menu

Starters

Butternut Squash Soup

-Cinnamon cream, spiced croutons-
6.95

Roasted Apple Parsnip Soup

-Sage, lump crab-
6.95

Carrot & Corn Soup

-Forbidden Rice-
6.95

Beet Carpaccio

-Arugula salad, walnut dressing, apple goat cheese butter, salmon crackelin'-
7.95

Chicken Cobb Salad

-Diced chicken, boiled egg, crushed bacon, blue cheese, tomato,
avocado, over thinly cut Romaine lettuce
with a spicy ranch dressing-
9.95

Poached Pear Salad

-Seckel Pear, Passion fruit Vinaigrette, Candied Walnuts, Blue Cheese-
8.95

Crab Cakes

-Topped with avocado, apple salsa, chipotle aioli,
Asian slaw, homemade peanut dressing-
9.95

Tropical Sushi Roll

-Inside out unagi, banana, carrots, cucumbers
topped with salmon, unagi sauce and miso butter sauce-
12.95

Entrées

Homemade Acorn Squash Ravioli

- With sage, and wilted spinach-
10.95

Pan Seared Biosphere Salmon

- Ginger carrot sauce, snow peas, black rice-
12.95

Brant Farms New York Strip

-Warm white truffle potato salad, watercress, chile lime sauce-
14.95

Vande Rose BLT

- Bacon, lettuce and tomato on sourdough-
8.95

Fulton Farms Free Range Seared Chicken Breast

-Wilted arugula, Jerusalem artichokes, figs, goat cheese, Tarragon demi-glace-
11.95

Seared Yellow Fin Tuna

-Buckwheat noodle, vegetable salad, Miso vinaigrette, Enoki Mushrooms-
13.95

Winter 2006