

# FOOD FOR THOUGHT

## RESTAURANT

301 N. 40<sup>th</sup> Ave. East, Duluth, MN  
218-336-8845, Extension 4055

Fall 2017 Newsletter

Dear Friends,

The Food for Thought Restaurant (*Duluth's only student operated restaurant*), will be re-opening for Fall Semester on Tuesday, October 24<sup>th</sup>. We are located at East High School on 40<sup>th</sup> Ave. East and Superior Street. Parking is available in the main lot, or, at the curb outside of the entrance. (The No Parking signs *do not apply* during restaurant hours.) Enter through the door with the red awning to the right of the main entrance.

We will be seating by 11:45 AM, however, we ask that guests arrive between 11:30-11:40 AM. We continue to serve on a pre-order basis. So, simply call our reservation line up to 24 hours in advance at 218-336-8845, Ext. 4055. We are not able to take reservations or changes to orders the same day of your reservation, so please be sure that all details are taken care of 24 hours in advance as your order becomes the student's lesson plan for the following day. We accept cash and/or checks. (We are unable to accept credit cards at this time.)

Ordering instructions: leave a message with the following information, in this order.

- Day and date
- Name on the reservation
- Number of people
- Phone number for reservation confirmation
- Meal/food choices from *Daily and Weekly Specials Menu* (below)
- Remember to include: *any special requests, dietary needs, how you would like your steak done, etc.*
- *You will receive a confirmation call on your reservation. If you have not received a call back by the morning of your reservation, please call us to make sure we have your reservation.*

Your table service and culinary preparations are provided by students in the 9<sup>th</sup> through 12<sup>th</sup> grade. We are very proud of our students and their achievements. Chef Glenn D'Amour CEC will be teaching both front and back of the house this year, assisted by Bob Urbick and Jill Tuura.

And, please tell your friends about your WONDERFUL experience, as we do not advertise.

Thank You Very Much!

Glenn D'Amour CEC Culinary Arts Instructor

*Glenn D'Amour*

## SALADS

*Our salads are served with homemade Focaccia bread, extra virgin olive oil, and herb butter. All of our dressings are homemade. We use fresh vegetables out of our East High School garden until the snow flies!!*

### GRILLED CHICKEN, BACON, AND AVOCADO WITH ROSEMARY \$9.00

Grilled chicken breast and bacon tossed with a lettuce variety, garden vegetables, and rosemary vinaigrette.

### TOSTADA DE FRIJOLES NEGROS (BLACK BEAN SALAD) \$9.00

Romaine and Iceberg lettuce topped with black beans, roasted corn, avocado, tomato, cucumber, radish, and grilled green onion tossed with a spicy orange vinaigrette *(Add grilled chicken or steak for \$2.00)*.

### GRILLED STEAK AND GORGONZOLA SALAD \* \$12.00

Grill steak tips tossed with a lettuce variety, garden vegetables, eggs, gorgonzola, and Balsamic vinaigrette.

## SANDWICHES

*Sandwiches are served with coleslaw, the old London Inn onion rings, and, a pickle.*

### GRILLED PORTOBELLO, CHEESE & TOMATO ON CRANBERRY WILD RICE TOAST \$9.00

Just like it says, with five cheeses - Colby Jack, Pepper, Smoked Provolone, and Swiss, made with our garden tomatoes, while they last. Try it with a cup of soup!

### GRILLED PASTRAMI ON RYE \$9.00

Grilled Pastrami and fried onion smothered in Swiss and Pepper Jack cheeses on toasted Pumpnickel Rye bread.

### BRUSCHETTA BURGER\* \$9.00

The *best* ground chuck out there - grilled and topped with fresh basil, tomatoes, garlic, balsamic drizzle, & fresh Mozzarella cheese, served on a Focaccia bun.

## ENTREES

*Entrées and Weekly Specials are served with homemade soup or dinner salad, student made scratch bread (Focaccia) with herb butter and estate olive oil, and, a beverage.*

### GRILLED RIBEYE TUSCANY STYLE\*

**\$16.00**

USDA Choice Rib Eye grilled with fresh rosemary, sage, garlic and coarse salt and pepper served with garlic herb mashed potatoes and an array of fresh sautéed garden vegetables.

### GRILLED SALMON BAJA STYLE\*

**\$13.00**

Dave Rogotzke's Alaskan Salmon char-grilled and topped with citrus butter and fruit salsa served with an array of fresh sautéed vegetables and Southwest herb risotto.

### CHICKEN TETRAZZINI

**\$12.00**

A classic Italian dish of sautéed chicken breast, wild mushrooms, sweet peppers and peas in a creamy garlic sauce and mozzarella cheese served on student made pasta.

### VEGETARIAN LASAGNA

**\$9.00 ADD SHRIMP \$13.00**

Fresh garden vegetables sautéed in olive oil and herbs baked with student made spinach pasta, Béchamel and Marinara sauces, and four cheeses.

### THAI SHRIMP FRIED RICE

**\$14.00**

Four large shrimp stir fried with egg, green onion, peas, carrots, tomato, ginger, jasmine rice and Thai seasonings – some of the best in town.

### COQUILLE ST. JAQUES (SCALLOPS IN A RICH MUSHROOM SAUCE)

**\$14.00**

Pan seared sea scallops simmered in a rich mushroom herb sauce served with herb risotto and an array of fresh sautéed vegetables.

### REEL CANADIAN WALLEYE (GET IT?)

**\$13.00**

Fresh Water Walleye fried shore style and served with lemon almond cream, accompanied by our signature wild rice, tartar sauce, and an array of fresh sautéed vegetables.

## WEEKLY FEATURES

OCTOBER 24, 25, 26

GERMAN SAUERBRATEN \$13.00

A classic German pot roast slow cooked in sweet and sour raisin gravy served with homemade spaetzle and red cabbage – always an October favorite.

OCTOBER 31, NOVEMBER 1, 2

FRENCH CRUSTED RACK OF PORK \$13.00

Lightly pan smoked rack of pork seasoned with traditional herb paste slow roasted served with whipped garden roots and fresh sautéed vegetables.

NOVEMBER 7, 8, 9

TUSCAN ROAST LEG OF LAMB\* \$13.00

This recipe was brought back by Chef D'Amour when he was a young lad learning in Italy!

Lamb seasoned with fresh rosemary and garlic chargrilled and slow roasted medium rare served with fettuccine Alfredo.

NOVEMBER 14, 15, 16

DUCK BREAST ALA ORANGE\* \$13.00

Tender duck breast wrapped in bacon chargrilled and baked with a classical orange Bigarade sauce served with our signature wild rice and sautéed fresh vegetables.

DECEMBER 5, 6, 7

BEEF WELLINGTON\* \$17.00

The finest cut of Beef Tenderloin crusted with Wild Mushroom Duxelle and Prosciutto baked in a golden puff pastry served with a Demi Glaze accompanied by herb mashed root and a fresh vegetable medley.

DECEMBER 12, 13, 14

FENNEL ROASTED PORK PRIME RIB \$13.00

Pork prime rib marinated in fresh fennel, garlic, and caramelized onions, chargrilled and tender roasted, drizzled with a balsamic reduction served with fresh asparagus and Herbed Farro risotto.

DECEMBER 19, 20, 21

BBQ BABY BACK STYLE RIBS \$12.00

Tender half rack of baby back ribs smoked and roasted in zesty chipotle barbecue sauce and served with coleslaw and corn on the cob.

JANUARY 9, 10, 11

SEAFOOD STUFFED LAKE SUPERIOR TROUT \$13.00

Herb crusted Lake Superior trout (bought locally) stuffed with seafood and topped with lemon almond cream served with herbed Farro risotto and an array of fresh sautéed vegetables.

**\* IF SERVED RAW OR UNDERCOOKED (MEDIUM RARE) THESE FOODS POSE A HIGHER RISK FOR FOOD BORNE ILLNESS**

# SIDE ORDERS

## ALL SIDE ORDERS

\$3.00

### *STUDENT MADE CUP OF SOUP*

Our soups are made fresh daily from scratch using ingredients from the student lesson plans so there is never any waste of food.

### *DINNER SALAD*

Our salads are made with a lettuce variety, an array of vegetables, and cheese. Our dressings are all student made.

### *ONION RINGS*

## BEVERAGES

\$2.00

Coffee – regular and de-caffeinated

Hot Tea w/lemon

Arnold Palmer Iced Tea (half iced tea/half lemonade)

Pepsi, Diet Pepsi, Sierra Mist, Root Beer

## DESSERTS

\$3.00

We offer a selection of delicious homemade desserts that change weekly.

Ask your server to see our dessert tray!!

*From Chef: I'd like to take this time to thank everyone for supporting our culinary program and for choosing Food For Thought Restaurant for your meal. Your patronage makes it possible for our students to hone their craft and find rewarding jobs in our community. Our students go on to some of the top culinary schools in the world as well as the finest restaurants in our area. (And, one Taco Joint 😊) All of you have made this possible. So again, thank you very much! And, . . . tell your friends!*

Chef D'Amour CEC