

FOOD FOR THOUGHT

RESTAURANT



301 N. 40th Ave. E., Duluth, MN
218-336-8845 extension 4055

Spring 2017 Newsletter

Dear friends, The Food for Thought Restaurant (Duluth's only student operated restaurant), will be re-opening the spring 2017 semester on Tuesday, March 7th. We are located at East High School on 40th Ave. East and Superior Street. Parking will be available in the main lot or at the curb outside of the entrance; you will enter through the door with the red awning to the right of the main entrance.

We will be seating at 11:45 AM, although we ask that guests arrive between 11:35-11:40 AM. Due to time restraints, late arrivals cannot be seated. We continue to serve on a preorder basis, so simply call your 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 you are eating, 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. Also, please tell your friends of your pleasant experience as we do not advertise.

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

- Day and date you want to eat.
- Name on the reservation.
- Number of people in your reservation.
- Phone number.
- Preorder from our menu and weekly specials with any special requests or dietary needs.
- Remember to include how you would like your steak done, or leaving an ingredient out.
- You will receive a confirmation call on your reservation, we accept checks or cash only.

Your table service and culinary preparations are provided by students in the 9th through 12th 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.

Thank you

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.

ASIAN CHICKEN SALAD

\$9.00

Asian style greens tossed with crispy noodles, tomatoes, orange Supremes, the pods, craisins, water chestnuts, almonds, seasoned grilled chicken breast, and a spicy sesame vinaigrette.

COBB SALAD

\$9.00

This salad was invented in 1926 by Bob Cobb from the Brown Derby restaurant. Crisp romaine and iceberg lettuce topped with cooked eggs, diced bacon, smoked turkey, avocados, diced Roma tomatoes, blue cheese crumbles, and served with your choice of dressing.

TRUE BEEF STEAK AND CHEESE SALAD

\$12.00

This is a tomato salad with thick slices of beefsteak tomatoes, fresh mozzarella, grilled steak tips, Marlboro fried onions, a roasted garlic balsamic vinaigrette, and blue cheese dressing garnished with fresh basil, and orange Supremes. (Substitute grilled shrimp at no additional cost).

SANDWICHES

Sandwiches are accompanied by coleslaw, the old London Inn Onion Rings, and a pickle.

BLT ON CRANBERRY WILD RICE TOAST

\$9.00

Plenty of double smoked Bacon, Lettuce and Tomatoes from our garden when in season, and Lemon Basil Mayonnaise on toasted Cranberry Wild Rice Bread.

SOUTHWEST BLACKBEAN FALAFEL WITH GRILLED VEGETABLES IN PITA **\$9.00**

Grilled Portobello and vegetables with succotash breaded and fried falafel style all nestled in pita with fresh spinach and melted five cheese mixture.

BRUSCHETTA BURGER

\$9.00

The best ground chuck we can find, grilled and topped with fresh basil, tomatoes, garlic, & fresh mozzarella cheese, served on a focaccia bun.

ENTRÉES

Entrées are served with homemade soup or luncheon salad and student made scratch bread with herb butter and estate olive oil. (Beverages are served with these entrées and the weekly features only).

GRILLED NEW YORK DIANE STYLE

\$16.00

Grilled certified Piedmontese New York strip with a classical Mushroom Demi-glace and served with herb mashed potatoes and an array of fresh sautéed vegetables.

GRILLED SALMON BAJA STYLE

\$13.00

Dave Rogotzke Alaskan Salmon Char-grilled and topped with citrus butter, fruit salsa, and served with an array of fresh sautéed vegetables and a Southwest Herb Risotto.

RIGATONI BOLOGNAISE

\$12.00

An authentic Italian recipe, of a Ragu Meat sauce topped with Parmesan Cheese and served with house Vegetables.

CAJUN MACARONI AND CHEESE

\$9.00

Inspired by our French quarter recipe with chicken, Andouille sausage, Tasso, bacon, green onion, sweet peppers, chipotle, and macaroni, in a rich cheesy cream sauce.

VEGETARIAN LASAGNA

\$9.00 ADD SHRIMP \$13.00

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

RISOTTO AL PESTO CON FRUTTI DI MARE

\$14.00

A rich creamy Arborio rice simmered al dente with chicken stock, shrimp, lobster, meat and mussels seasoned with pesto, pine nuts, herbs, and a hint of citrus. (can be simmered with vegetable stock if requested).

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

\$14.00

Pan seared Sea Scallops, simmered in a rich mushroom herb sauce, and served with herb risotto, & an array of fresh sautéed vegetables.

REEL CANADIAN WALLEYE (GET IT?)

\$13.00

Fried shore style and served with lemon almond cream, accompanied with our signature wild rice, tartar sauce, and an array of fresh sautéed vegetables.

WEEKLY FEATURES

MARCH 7, 8, 9

FRENCH CRUSTED RACK OF PORK \$13.00

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

MARCH 14, 15, 16

CHICKEN TETRAZZINI \$12.00

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

MARCH 21, 22, 23

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. Seasoned with fresh rosemary and garlic, chargrilled and then slow roasted medium rare, served with fettuccine Alfredo.

MARCH 28, 29, 30

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.

APRIL 18, 19, 20

BEEF WELLINGTON* \$17.00

The finest cut of beef tenderloin crusted with wild mushroom duxelle, prosciutto, and baked in a golden puff pastry. Served with a Demi glaze, accompanied with herb mashed root's, and a fresh vegetable medley.

APRIL 25, 26, 27

FENNEL ROASTED PORK PRIME RIB \$13.00

Pork prime rib marinated in fresh fennel, garlic, and caramelized onions chargrilled & then roasted tender and drizzled with a balsamic reduction served with fresh asparagus and an herb farro risotto.

MAY 2, 3, 4

BBQ BABY BACK STYLE RIBS \$12.00

Tender half rack of baby back ribs smoked and roasted here at East, with our zesty chipotle barbecue sauce and served with coleslaw & corn on the cob.

MAY 9, 10, 11

CHICKEN TETRAZZINI \$12.00

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

MAY 16, 17, 18

SEAFOOD STUFFED LAKE SUPERIOR TROUT \$13.00

Lake Superior Trout bought locally, stuffed with seafood and baked with an herb crust & topped with a lemon almond cream served with herbed farro risotto and an array of fresh sautéed vegetables.

MAY 23, 24, 25

BEEF WELLINGTON*

\$17.00

The finest cut of beef tenderloin crusted with wild mushroom duxelle, prosciutto, and baked in a golden puff pastry. Served with a Demi glaze, accompanied with herb mashed root's and a fresh vegetable medley.

SIDE ORDERS

STUDENT MADE SOUPS

\$2.50

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

SIDE SALAD

\$2.50

Our side salads are made with romaine, iceberg, spring mix, and an array of vegetables & cheese. Our dressings are all student made.

BEVERAGES

\$2.00

Pepsi, Diet Pepsi, Sierra Mist, Root Beer, Flavored Waters, Hot Tea, Ice Tea (Arnold Palmer) and Coffee

SIDE ORDERS

\$2.50

Wild Rice, Potatoes, Pasta, Risotto, Onion Rings

* The following Items * cooked under recommended cooking temperature may be harmful to your health.

From Chef: *I'd like to take this time to thank everyone for supporting our culinary program, and choosing Food For Thought Restaurant for your meals. Your patronage makes it possible for our students to hone their craft and find rewarding jobs in our community. We have had students go on to some of the finest culinary schools in the world, as well as the best restaurants in our area and one Taco Joint. You all have made this possible so again, thank you very much, and tell your friends.*

Chef D'Amour CEC