

# menu

DINNER

WEEK OF OCTOBER 26- NOVEMBER 1, 2020

Welcome to dining at Academy Boulder where our cuisine is inspired by the seasons. Designed to celebrate our partnerships with local farms and purveyors who share our vision for the finest quality and ethics for sustainability.

## SOUPS

**BROCCOLI CHEDDAR** GF

**CHICKEN TORTILLA** GF DF

## APPETIZER

### BAKED FETA

Baked Greek sheep feta cheese with honey-lemon drizzle, fresh herbs and grilled focaccia

## TAPAS

Marcona almonds, castelvetrano olives, honey smoked salmon, house cheese plate

## SALADS

### BANANA-MACADAMIA SALAD

Shaved banana and toasted macadamia nuts on baby spinach, cucumbers and blackberries in white balsamic vinaigrette GF

### CLASSIC CAESAR SALAD

Romaine lettuce, parmigiana, croutons, Academy Caesar Dressing

### SPINACH AND PEAR

Dried pear, shaved broccoli and baby spinach in Dijon-apple vinaigrette with toasted pecans and shaved Parmesan cheese

### MIXED GREENS

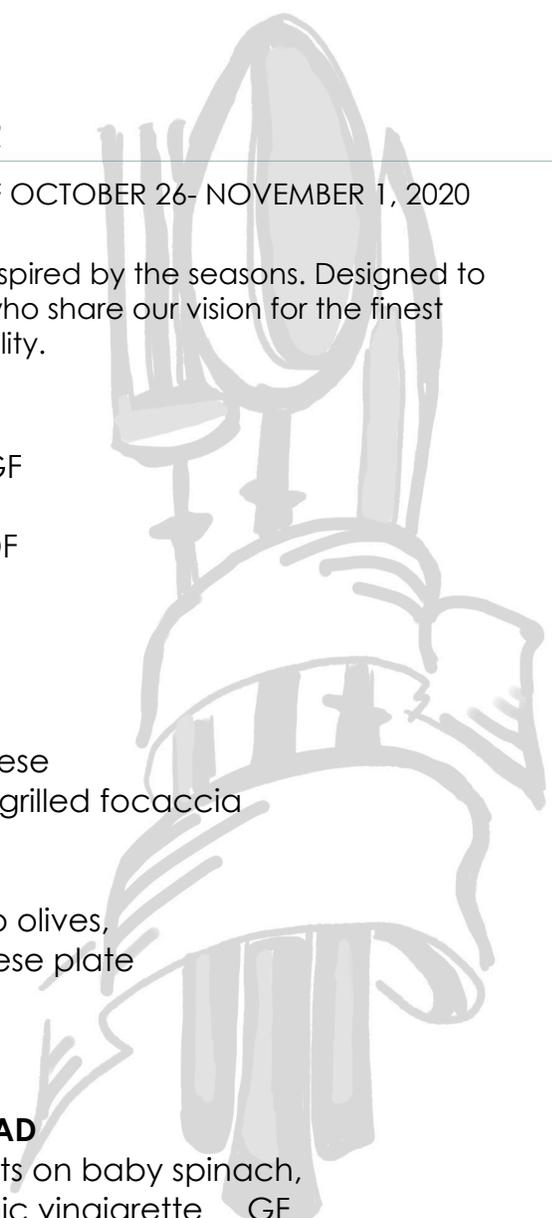
Organic baby greens, carrot, cucumber, cherry tomatoes and dressing of your choice

## DRESSINGS

Academy Ranch, Caesar, Balsamic Vinaigrette, Honey Dijon, Lemon Garlic Vinaigrette, Blue Cheese

## SALAD ADDITIONS

Avocado, Chicken, Tofu, Fish





## MAINS

### **PRIME BEEF TENDERLOIN**

Grilled & paired with gorgonzola butter & balsamic syrup GF

### **NEW ZEALAND LAMB RACK**

Grilled & finished with rosemary-mushroom demi GF DF

### **COMPOSED VEGETABLE PLATE**

A variety of seasonal vegetables in our chef's daily preparation

Topped with your choice of grilled chicken, tofu or fish GF DF

### **ROASTED CAULIFLOWER**

Roasted cauliflower head dipped in tahini, pomegranates and pistachios with glazed carrots, spinach and fried chick peas GF DF

### **SALISBURY STEAK**

Seared chopped beef steak with roasted potatoes, broccoli and mushroom cream sauce GF

### **CHICKEN Á LA KING**

Shredded chicken with carrots, peas and mushrooms in velvety herb gravy over egg fettuccine; topped with peas, parsley and parmesan

### **SHRIMP**

Grilled big shrimp over roasted red beet risotto with herb chimichurri sauce and toasted almonds GF

### **HALIBUT**

Baked Alaskan halibut with mashed butternut squash, spinach and hazelnut beurre blanc GF

## SIDES

Seasonal vegetables, baked potato, baked sweet potato, brown rice, french fries, onion rings, small mixed green or Caesar salad