

University of The Bahamas  
Culinary & Hospitality Management Institute

**“CHOICES”**

Training Restaurant

***Classical Dinner Menu***

February 3<sup>rd</sup>, 2017

6:30 p.m. – 8:00 p.m.

***Appetizer***

Spinach & Feta Pocket

*Served with a tomato & basil marinara*

***Soup***

Rich Split Pea

*Yellow split peas simmered with onions, carrots, fresh thyme, garlic and curry*

***Salad***

Marinated Coach Farm Goat Cheese Salad

*Served with spiced beets, mixed greens, cherry tomatoes and a white wine vinaigrette*

***Sorbet***

Raspberry

***Entrées***

Sauté Filet of Beef

*Topped with sautéed shrimps & served with a Madeira sauce*

Or

Grilled Chicken Breast Supreme

*Served with a Chanterelle mushroom sauce*

***Entrees are served with:*** *Served with Duchess Potatoes &  
Seasonal Vegetables*

***Dessert***

Banana Foster

*Bananas sautéed in brown sugar, butter cinnamon and banana liqueur*

*Flambéed with rum and served with vanilla ice cream*

***Price: \$40.00 per person, plus 7.5% VAT***

***Assortment of Beverages Available***

**FOR RESERVATIONS PLEASE CALL**

**323-5804/323-6804**

University of The Bahamas  
Culinary & Hospitality Management Institute

**“CHOICES”**

Training Restaurant  
*Classical Dinner Menu*

February 10<sup>th</sup>, 2017

6:30 p.m. – 8:00 p.m.

***Appetizer***

Mushrooms en Croute

*Combination of Button, Shitake, and Portabella served in a flaky puffed Pastry with a tomato & basil marinara*

***Soup***

Lobster Bisque

*A delicate blend of tender lobster, fine vegetables & herbs, brandy and finished with cream*

***Salad***

Frissee Salad

*Frissee greens tossed with caramelized walnuts, apples, grapes, blue cheese and a balsamic vinaigrette*

***Sorbet***

Pineapple Sorbet

***Entrées***

Rack of Lamb

*Served with creamy garlic mashed potatoes, bouquet of seasonal vegetables & a mint a jus*

*Or*

Stuffed Chicken Breast

*Stuffed with spinach & ricotta cheese and served with a saffron sauce. Accompanied with a herb rice pilaf & bouquet of Seasonal Vegetables*

***Dessert***

Lemon Mousse Tart

*Served with banana fritters and marinated fruits*

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*Classical Dinner Menu***

**February 17<sup>th</sup>, 2017**

6:30 p.m. – 8:00 p.m.

***Appetizer***

Seafood en Croute

*Combination of lump crab meat and tender shrimp baked in a flaky puffed Pastry & served with a light veloute sauce.*

***Soup***

Cream of Chicken

*A light cream soup enhanced with fine herbs*

***Salad***

Fresh Spinach Salad

*Served with caramelized onions, mandarin orange segments, chopped bacon, crumbled blue cheese, toasted walnuts & a raspberry vinaigrette*

***Sorbet***

Lemon Ginger Sorbet

***Entrées***

Osso Buco

*(Braised Veal Shank)*

Or

*Grilled Salmon*

*Served with a mango & pineapple salsa and beurre blanc*

***Entrees are served with:*** *Leek Risotto & Thyme Roasted Baby Carrots & Sautéed Asparagus*

***Dessert***

Warm Chocolate Lava Cake

*Served with raspberries & vanilla ice cream*

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**March 3<sup>rd</sup>, 2017**

6:30 p.m. – 8:00 p.m.

***Appetizer***

**Spicy Crab Cakes**

*Flaky lump crab meat combined with herbs & Dijon mustard and served with a garlic aioli*

***Soup***

***Roasted Pumpkin & Butternut Squash***

*Infused with curry & ginger*

***Salad***

***Hearty Seasonal Citrus Salad***

*Fresh baby greens combined with citrus segments & served with a pineapple vinaigrette*

***Sorbet***

***Strawberry***

***Entrées***

**Grilled Chicken Breast**

*Served with garlic mashed potato, broccoli & baby carrots*

***Or***

**Pan Seared Cajun Snapper**

*Served with a Creole sauce, wild rice pilaf, broccoli & baby carrots*

***Dessert***

***Crepe Suzette***

*Thin French pancakes sautéed in butter, sugar and grand manier and served with marinated berries & vanilla ice cream*

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March 10<sup>th</sup>, 2017

6:30 p.m. – 8:00 p.m.

***Appetizer***

Steamed Mussels with Leeks  
*In a shallot cream sauce and served with bruschetta*

***Soup***

Velvety Cream of Asparagus  
*Garnished with a swirl of red pepper coulis*

***Salad***

Mix Baby Greens and Fennel Salad  
*Served with a tangy cranberry vinaigrette*

***Sorbet***

Orange

***Entrées***

Grilled Grouper

*Served with a tomato and rosemary aioli and accompanied with a spinach & lemon zest risotto and sautéed julienne vegetables*

Or

Roast Duck a l' Orange

*Crispy Duck breast glazed with an orange reduction and served with a potato galette, sautéed julienne vegetables & sautéed spinach.*

***Dessert***

Key Lime Tartlet

*Served with a vanilla sauce & fresh seasonal fruits*

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Training Restaurant  
*Classical Dinner Menu*

March 17<sup>th</sup>, 2017

6:30 p.m. – 8:00 p.m.

***Appetizer***

Coquilles St. Jacques  
*Tender Scallops in a velvety Cream Sauce*

***Soup***

Beef Consommé Julienne  
*A Clear Beef Soup Garnished With Tender Strips of Beef, Julienne Carrots & Celery*

***Salad***

Caesar Salad  
*A Combination of Fresh Crisp Greens, Garlic Croutons, Parmesan Crisp & A Classic Caesar Dressing*

***Sorbet***

Mango

***Entrées***

Grilled Sirloin Steak  
*Served with a Savory Wild Mushroom Sauce, Rosemary Roast Potatoes and Sautéed Garden Vegetables*

**Or**

Pan Seared Salmon  
*Served with a Lemon Butter Sauce, Wild Rice Pilaf and Sautéed Garden Vegetables*

***Dessert***

Warm Chocolate Banana Bread Pudding  
*Served with Vanilla Ice Cream*

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March 24<sup>th</sup>, 2017

6:30 p.m. – 8:00 p.m.

***Appetizer***

Coconut Shrimp

*Served with an herb polenta and drizzle with a balsamic tamarind reduction*

***Soup***

Leek and Potato Soup

*With parsley and garlic croutons*

***Salad***

Molasses Glaze Grilled Chicken

*Served with a roast corn and arugula salad & a balsamic vinaigrette*

***Sorbet***

Lime

***Entrées***

Blackened Grouper

*Seasoned with garlic and spices and drizzled with an herb butter*

Or

Seared Pork Loin

*Served with a flavorful apple & ginger chutney*

***Entrees are served with:*** Dill Potatoes &  
*Assorted Glaze Vegetables*

***Dessert***

Crème Caramel

*Truly a classic; creamy custard with a caramelized sugar glaze*

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***Classical Dinner Menu***  
***Final Presentation***

April 8<sup>th</sup>, 2016  
6:30 p.m. – 8:00 p.m.

**Group A**  
***Appetizer***

***Soup***

***Salad***

***Sorbet***

***Entrées***

**Or**

***Dessert***

***Price: \$30.00 per person, plus 7.5% VAT***  
***Assortment of Beverages Available***

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