

NUTRI-VIVE

BOOST BRAIN PERFORMANCE &
IMPROVE IMMUNE FUNCTION

SPRING/SUMMER

SALAD

Clearwater Salad Greens, Heirloom Tomatoes, Fresh Mozzarella
& Cucumber Curls, Fresh Basil Oil with Balsamic Reduction

SOUP

Cream of Asparagus with Goat Cheese & Herb Toast

STARTER

Tian of Oyster and Lions Mane Mushrooms, Potatoes with
Spinach & Red Pepper Purées & Chive Oil

ENTRÉE

Pan Roasted Free Run Chicken Breast from Beretta Farms
with Brown Butter Carrot Purée, Niagara Red Wine Herb
Reduction & Grilled Asparagus

VEGETARIAN ENTRÉE

Carrot & Quinoa Croquette with Yogurt and Mint Sauce
& Cucumber Slaw

DESSERT

Strawberry & Rhubarb Cobbler with
Lavender & Honey Semifreddo

Due to the Fluid Nature of Growing Seasons and Availability,
Some Items May Be Substituted

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LATE SUMMER/EARLY FALL

SALAD

Grilled Corn & Kale with Quinoa, Cucumber, Shaved
Heirloom Carrots & Caraway-Buttermilk Dressing

SOUP

Cream of Spinach with Ontario Blue Cheese & Ale Croutons

STARTER

Beet & Dill Cured Wild Salmon with Crème Fraiche,
Cucumber Strips & Rainbow Radish

ENTRÉE

Grilled Beretta Farms Grass Fed, Striploin Steak Topped with
Braised Beef, Roasted Garlic Whipped Potatoes & Celeriac,
Caramelized Onions, Niagara Cabernet & Herb Jus,
Local Mushrooms & Wilted Tender Kale

VEGETARIAN ENTRÉE

Mushroom and Spinach Risotto with Grilled King Oyster
Mushroom and Sautéed Local Baby Spinach
& Mountain Oak Black Truffle Cheese

DESSERT

Niagara Peach & Blueberry Crisp with Toasted Almonds &
Raspberry, Mint & Honey Semifreddo

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EARLY FALL/WINTER

SALAD

Shaved Vegetable Salad with Sprouts & Flowers
and Kingbridge Honey-Mustard Vinaigrette

SOUP

Spiced Butternut Squash with Toasted Pepitas,
Rye Croutons, Honey Roasted Squash & Crème Fraiche

STARTER

Peppered Chicken Liver Pâté with Caramelized Shallots. Red
Currant Jelly & Thyme, Multigrain Crostini

ENTRÉE

King Cole Duck two ways, Slow Roasted Breast and Leg
Confit, Braised Ontario Red Cabbage, Cranberry Cabernet
Jus with Sweet Potato Purée & Sautéed Swiss Chard

VEGETARIAN ENTRÉE

Stuffed Tomatoes with Wild Rice and Mushrooms with
Smoked Tomato Sauce, Sautéed Baby Spinach & Basil Oil

DESSERT

Niagara Riesling Poached Pear, Mille-Feuille of Honey
Creeaux & Strawberries, Spiced Pear Sorbet

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