

The College of the Bahamas
Culinary & Hospitality Management Institute

“CHOICES”

Training Restaurant
Classical Dinner Menu

September 21st, 2012

7:00 p.m. – 9:00 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 an herb rice pilaf & bouquet of Seasonal Vegetables

Dessert

Lemon Mousse Tart

Served with banana fritters and marinated fruits

Price: \$40.00 per person

Drinks additional

FOR RESERVATIONS PLEASE CONTACT MONIQUE BUTLER

AT TELEPHONE 323-5804/323-6804

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September 28th, 2012

7:00 p.m. - 9:00 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 Sorbet

Entrées

Osso Buco

(Braised Veal Shank)

Or

Grilled Atlantic 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

Price: \$40.00 per person

Drinks additional

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October 19th, 2012

7:00 p.m. - 9:00 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

Served with baby greens & a pineapple vinaigrette

Sorbet

Raspberry

Entrées

Grilled Veal Loin Chop

Served with garlic mashed potato, broccoli & baby carrots

Or

Pan Seared Cajun Snapper

Served with 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

Price: \$40.00 per person

Drinks additional

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October 26th, 2012

7:00 p.m. – 9:00 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 spinach.

Dessert

Key Lime Tartlet

Served with a vanilla sauce & fresh seasonal fruits

Price: \$40.00 per person

Drinks additional

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November 2nd, 2012

7:00 p.m. – 9:00 p.m.

Appetizer

Pan-Seared Grouper with a Pea Puree & Tropical Fruit Chutney
*Spicy Nassau grouper on a bed of sweet pineapple, mango and papaya chutney
Accompanied with a velvety green pea puree.*

Soup

Wild mushroom Tea w/ Mushroom Fritter
Clear mushroom consommé accompanied by a mild fritter

Salad

Fennel, Apple & Mango Salad with Tamarind Vinaigrette & Herb Croutons
*Julienned fennel, apples, red onions and mangoes, tossed with crisp greens in a zesty tamarind
vinaigrette with herb croutons*

Sorbet

Watermelon and Lime Sorbet

Entrées

Veal Scallopini

Tender Veal cutlet pan seared alongside a creamy pumpkin risotto, garlic scented broccoli & cauliflower

Or

Grilled Chicken Supreme

*Chicken breasts grilled to perfection with bacon duchess potatoes, a savory saffron-coconut Bechamel
sauce and fresh vegetables.*

Dessert

Pineapple-banana Bavarian with banana chips and raspberry syrup
Smooth Bavarian cream along with cinnamon dusted banana chips and sweet raspberry sauce.

Price: \$40.00 per person

Drinks additional

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November 9th, 2012

7:00 p.m. – 9:00 p.m.

Appetizer

Coquilles St. Jacques
Tender scallops in a cream sauce

Soup

Beef Consommé Julienne
Garnished with diced beef, julienne carrots & celery

Salad

Caesar Salad
A combination of fresh crisp greens, garlic croutons a classic Caesar dressing

Sorbet

Mango

Entrées

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

Or

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

Dessert

Warm Chocolate Banana Bread Pudding
Served with Vanilla Ice Cream

Price: \$40.00 per person

Drinks additional

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November 16th, 2012

7:00 p.m. – 9:00 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

Sorbet

Lime

Entrées

Grilled Sea Bass

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

Price: \$40.00 per person

Drinks additional

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