



Fresh Starts Restaurant, Catering & Wine Shop

Spring/Summer Dinner Menu



Dinner Tuesday-Thursday 5-9 p.m. & Friday & Saturday 5-10 p.m.

Closed Sundays & Mondays

Appetizers, Small Plates & Salads

Baked Crab Cakes (2) ...with remoulade...\$8

Pizza du jour...daily chefs creation...\$9

Artisan Cheese Sampler ...daily selection of high-end artisan cheeses with garnish...\$14

Grilled Jumbo Shrimp (2)...with citrus angel hair cake and lemon cream...\$10

Seared Sesame Crusted Tuna... seared rare with wasabi, pickled ginger & seaweed...\$12

Big Bowl of Mussels...in garlic white wine sauce or marinara sauce...\$12

Thai Chile Shrimp (2)simmered in coconut milk topped with bean thread noodles...\$8

Poached Grilled Octopus with smoked paprika & balsamic smear...\$12

Blackened Jumbo Shrimp(2)....with mango salsa...\$8

**Cilantro Pesto Marinated Grilled Seafood...calamari, shrimp & scallop,
blistered grape tomatoes, roasted poblano peppers...\$13**

Escargot... Simmered in coconut milk, basil and curry on toasted French bread...\$10

Charcuterie Platter...Robert's choice of pate, meats, garnishes...\$14

**Spring Vegetable Rolls...in rice paper with marinated tofu, Napa cabbage,
Carrot, plum ginger dipping sauce, seaweed garnish...\$8**

Daily Ceviche...ask for today's special ...\$9

Caesar's Salad... Romaine, parmesan cheese and croutons (with chicken add \$5)...\$8

**Mesculyn Salad... warm goat cheese on baby greens with seasonal fruit,
sugared pecans and raspberry vinaigrette...\$9**

**Napa Cabbage...chiffonade of cabbage, sweet soy dressing, green onions,
ramen noodles, black sesame seeds and pecan chicken breast ...\$11**

**House Salad...mixed greens with cherry tomatoes, cucumber and red onions &
choice of dressing (parmesan peppercorn, balsamic vinaigrette, raspberry
vinaigrette, creamy blue cheese or honey mustard...\$5**

**Beef & Blue Salad...Spinach topped with crumbled blue cheese, walnuts,
grilled petite filet & blistered grape tomatoes, choice of dressing...\$16**

**Salmon Spinach Salad...grilled blueberry BBQ glazed salmon filet, fresh spinach,
sugared pecans, fresh fruit, choice of dressing...\$13**



Pastas & Entrees



Served with choice of small house salad or cup of soup

Linguini Duck Confit...portabella mushrooms, prosciutto threads, green onion, lemon grass, duck au jus...**\$18**

Sautéed Chicken...angel hair pasta, diced chicken, pea pods, red peppers, white wine garlic, basil...**\$14**

Shrimp & Grits...pan seared grit cake, shrimp, lemon cream sauce with green onions, spinach, tomatoes...**\$19**

NNO ("New" New Orleans) Pasta... spicy andouille sausage, chicken, green onions, radiator pasta in Cajun cream....**\$18**...Shrimp add...**\$6**

Farfalle Chicken Pasta...diced chicken, spinach, sundried tomato, tossed with bow tie pasta, chives lemon, white wine & light cream sauce...**\$17**

Tuscan Whole Wheat Penne...tomato, garlic, onion, fresh basil, olive oil and topped with fresh mozzarella cheese...**\$15**

1/2 Pound Buffalo Burger...grilled with brie, caramelized onion, bacon, lettuce & tomato and side dish du jour (no soup or salad)...**\$14**

Vegetarian Lasagna...layers of sweet potatoes, spinach, mushrooms, sundried tomato, zucchini, ricotta, mozzarella with a light tomato coulis served with sautéed spinach...**\$15**

Sticky Sweet with a Little Heat Slab Ribs....served with Asian slaw and sweet potato planks...**\$24**

Grilled Pork Tenderloin...with bacon, spinach, Pernod cream & smashed potatoes ...**\$15**

Sesame Seared Ahi Tuna...rare with wasabi sauce, pickled ginger, seaweed salad...**\$24**

Spring Lamb Shank....white wine, spring vegetables, garlic, fresh herbs, smashed potatoes...**\$23**

Tilapia Fish Tacos....corn tortillas, roasted poblano peppers, adobo lime sauce, shredded lettuce, and tomato...**\$12**

Mojito Chicken Breast...with black beans & rice and grilled poblano peppers...**\$14**

Artichoke Chicken...smothered with artichokes, roasted red & yellow peppers, garlic white wine sauce atop citrus angel hair cake...**\$16**

Grilled Petite 4-oz Filet...topped with caramelized onion butter atop smashed garlic potatoes & seasonal vegetables...**\$16**

Veal Scaloppini...in lemon garlic white wine with capers, citrus angel hair cake and sautéed spinach...**\$21**

Glazed Grilled Salmon...with blueberry BBQ glaze served with grilled asparagus...**\$19**

Crispy Half Duck...with plum sauce, Bhutanese red rice, house veggies...**\$26**

****Steaks, Chops & Fish Specials du Jour**...chef's daily preparation & choices

*We have gluten free pasta and tortillas available upon request.

• You may substitute vegetable for starch, or omit sauces at no extra charge.

• Split entrees \$2 • Split salad \$1 • Please no separate checks

• 18% gratuity added to parties of 6 or more