



Dinner at La Mer

June 11, through June 16, 2017

Starters

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|------------------------------------------|-------------------------------|---------------------------------------|---------------------|
| Low Sodium Vegetable Soup | Soup Du Jour | La Mer House Salad | Caesar Salad |
| Choice of diced chicken breast | Chef's Delicious Cuisine | Traditional chopped | Basic with croutons |
| Or noodles Cup \$2.95 Bowl \$3.95 | Cup \$2.95 Bowl \$4.00 | Lettuce with vegetables \$3.00 | \$3.45 |

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Appetizer-

(If you prefer this item as an Entrée, please double the price)

Sautéed Quail Tenderloins over Jalapeño Jack Cheese Grits

Marinated overnight with herbal chimichurri paste, then sautéed with shitake mushrooms and Applewood bacon until done, served over grits and drizzled with red wine demiglace sauce

\$7.55

Entrée Features

All Entrées include a cup of soup or a starter salad with two sides.

All featured sauces may be served on the side as requested.

Roasted Sockeye Salmon Glazed with Dijon Mustard and Brown Sugar

Alaska wild salmon fillet bake skin side down, drizzled with olive oil then brushed with dijin mustard and brown sugar glaze, roasted slowly until done, served over wilted baby kale leaves and roasted grape tomatoes

\$17.99

Braised B.B.Q. Lamb Shanks

Rubbed with dried barbecue spices then braised slowly until caramelized flavors add light brown beef broth and finished in the oven until done drizzled with homemade barbecue sauce and served with baked beans

\$14.99

Roasted Black Angus Beef Brisket with Champignons Red Wine Sauce

Seasoned with fresh herbs, drizzled with olive oil sprinkled with sea salt and cracked black pepper corns cooked slowly until done, served sliced and topped with cabernet sauvignon red wine with mushroom demiglace sauce

\$13.55

Chicken and Turkey, Spinach Crepes

Shredded chicken breast, sautéed with Crimini mushroom, onions, garlic, shallots, tarragon sea salt and black pepper corns, then add crumbs of smoked cheddar cheese, rolled in homemade spinach crepe and baked

\$13.25

Casual Fare

Fresh Whole Wheat Linguini Pasta

Fresh vegetables, herbs and garlic sautéed in extra virgin olive oil

Assorted Vegetable Ravioli Pasta

Mascarpone Cheese & Scallions
Florentine, Portabella mushroom

\$9.95

Or

\$9.95

(Add Meat Sauce \$ 1.25)

Gluten Free Penne Pasta

Served Primavera style or tossed with Pomodorina sauce, then crowned with grated cheese.

\$9.99

La Mer Burger*

7oz. charbroiled Angus beef patty served on a whole wheat bun with lettuce, tomato, onion, pickles and your choice of fresh potato chips, steak fries, sweet potato fries or fresh fruit.

\$7.45

Jumbo Shrimp Cocktail

Served with cocktail sauce and wedged lemons

\$9.75

7oz Black Angus Filet Mignon*

Served with your choice of two sides

\$19.75

A la Carte Sides

Daily Fresh Vegetables \$2.32

Baked Idaho Potato \$2.32

Baked Sweet Potato \$2.32

Steak Fries \$2.32

Fresh Potato Chips \$1.75

Sweet Potato Fries \$ 2.32

*These items may be cooked to order.

Consuming raw or undercooked meats, seafood, or eggs may increase your risk of food borne illness.

