

The College of the Bahamas  
Culinary & Hospitality Management Institute

**“CHOICES”**

Training Restaurant  
*Classical Dinner Menu*

September 21<sup>st</sup>, 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**

**The College of the Bahamas**

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**Training Restaurant**

***Classical Dinner Menu***

**September 28<sup>th</sup>, 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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THE COLLEGE OF THE BAHAMAS  
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Training Restaurant  
*Classical Dinner Menu*

October 19<sup>th</sup>, 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 26<sup>th</sup>, 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 2<sup>nd</sup>, 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 9<sup>th</sup>, 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 16<sup>th</sup>, 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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