

O'Soleil

Monday 20th August 2007

In the Beginning

Surf & Turks

Island Style Capriccio & Tropical Gravlax

Shaved Parmesan, Extra Virgin Olive Oil, Roasted Asparagus & Tomato Salad

Caribbean Curry Grilled Ahi Tuna (Med. Rare)

Pickled Mango Chutney, Wasabi Vinaigrette & Balsamic Blood Orange Drizzle

Vegetable Strudel at Sunset

Roasted Red Pepper Coulis & Key Lime Beurre Blanc

Proggin Bay Conch Cake "Stack" with Petit Filets

Sweet Potato Nest & Dark Rum Mocha Demi Glace

"Creamless" Vegetable Bisque

Finished with Brandy flamed Rock Shrimp "Tableside"

In the Mean Time

Cooper Jack Salad

Mache Lettuce surrounded by Thinly Sliced Beets & Fata Cheese Crumble
Passion Fruit Vinaigrette

Baby Spinach Salad "South Beach"

Top with Mangos, Pink Grapefruit and Pickled Red Onion
Orange Blossom & Papaya Seed Vinaigrette

Hearts of the Romaine Caesar

For Two "Tableside"

The Mainlander Salad

Limestone Lettuce, Heirloom Tomatoes, Euro Cucumbers, Enoki Mushroom
& Sour Dough Croutons
Creamy Sun-Dried Tomato & Fresh Basil Dressing

The Main Event

Pan Seared 6oz American Kobe Filet

Fresh Thyme & Merlot Reduction

Vegetables in Paradise

Tuscany Grilled Asparagus, Bake Spinach stuffed Heirloom Tomato, Haricot Vert Bundles,
Carrots Vichy, Braised Beets & Brown Basmati Rice Pilaf

Free Range Chicken Breast “O’Soleil”

Sautéed in Cold Press Olive Oil with Garlic, Sun-Dried Tomatoes, Fresh Artichokes
Finished with a Sauvignon Blanc & Toasted Pine Nuts

Orecchiette Pasta with Shrimp & Chicken

Shrimp & Chicken Sautéed in Garlic with Mushrooms, Spinach &
Tomatoes, Finished with Aged Parmesan Cheese, Fresh Basil & Fresh Milled Pepper

“Wild Caught” North American Salmon Imperial

Stuff with Lobster & Crab, Fried Leeks
Cabernet Sauvignon Beurre Rouge

Sauté “Day Boat” Grouper Piccata

Fresh Meyer Lemon, Imported Capers, Tomato Concasse & Opal Basil

Breckenridge Farms Lamb Chops

Warm Apple Mint Glaze Vinaigrette

Caribbean “Diver” Scallops

Oak Plank Roasted & Drizzled with Citrus Blackberry Barbeque

Snapper St. Thomas

Fresh Yellowtail Snapper Caribbean Style, Spicy Jerk Rub
Placed on a Lemon Beurre Blanc Sauce & Top with Mango Salsa

USDA Prime New York Strip Steak

Char-Grilled and top with Maitre d’Hotel Butter

Menu Design By
Chef Robert K. Bell III CEC
15th August 2007