

WEST MENU DESCRIPTIONS

ITEM- **FOCCACIA** **Be Ready For Changing Flavors Being infused in bread !**

RECIPE INGREDIENTS – high gluten flour, active yeast, salt, water (flavorings change daily)

ALLERGIES- gluten

DAIRY- parm topping

NUTS- none

GLUTEN - yes, flour

NOTES- 1 piece per person

ITEM- **HUMMUS**

RECIPE INGREDIENTS – chickpeas, vegetable oil, water, cumin, cilantro, lime zest, fresh limejuice, salt

ALLERGIES-

DAIRY-none

NUTS-none

GLUTEN- none

NOTES- 1 white ramekin filled per table

APPETIZERS

ITEM- **Basket of fries**

RECIPE INGREDIENTS – Idaho potatoes cut thick and flash fried, then fried to sell, then hit with kosher salt

ALLERGIES-

DAIRY-none

NUTS- none

GLUTEN-

NOTES- deep fat fried

ITEM- **Fresh Guacamole**

RECIPE INGREDIENTS –1 each avocado, diced red onions, diced tomatoes, chopped cilantro, extra virgin olive oil, fresh squeezed lime juice, salt to taste,
Fresh fried corn tortilla chips before service

ALLERGIES-

DAIRY- none

GLUTEN- chips fried in fryer, ASK CHEF ABOUT CLEAN FRYER DOWNSTAIRS

NUTS- none

NOTES- long oval plate filled with chips, small cup filled with guacamole

ITEM- **All Natural Foleys Crispy Thai Style Calamari (point Judith, R.I.)**

RECIPE INGREDIENTS – floured calamari rings only, cherry & banana peppers, sweet chili glaze (sesame-oriental dressing + sambal oleek – Vietnamese chili paste)

ALLERGIES- Gluten

DAIRY-none

NUTS- none

GLUTEN- yes, flour, also the sesame oriental dressing,

NOTES- deep fat fried

ITEM- 2 each **13 hour hickory wood smoked bbq pulled pork tacos**

RECIPE INGREDIENTS – 13 hour hickory smoked pork butt (Shoulder), cajun seasoning, homemade bbq sauce, **Cotija** cheese, (is a hard cow's milk **cheese** that originated from Mexico. It is named after the town of **Cotija**, Michoacán). black bean salsa (cumin, cilantro, salt, vegetable oil, diced red onions), pico de gallo- diced tomatoes, diced red onions, cilantro, salt, jalapeno, lime juice, ketchup) cilantro – lime cream (cilantro, lime juice, salt, mayo), 2 grilled 6 inch corn tortillas

ALLERGIES-

DAIRY- cotija cheese (pasteurized)

NUTS- none

GLUTEN-

NOTES- garnished with fresh cilantro leaves

ITEM- braised **chipotle chicken quesadilla** (ALSO CHICKEN TACOS, SAME SET UP AS PORK AND FISH TACOS)

RECIPE INGREDIENTS –braised chicken (boneless, skinless thighs, seasoned with cajun seasoning, chipotle peppers, seared in a big pan, and cooked in 2/3 liquid until they fall apart) scallions, cilantro, chipotle mayo, shredded jack cheese, pico de gallo (diced tomatoes, diced red onions, cilantro, salt, jalapeno, lime juice, ketchup)

ALLERGIES-

DAIRY-jack cheese (pasteurized), sour cream

NUTS-none

GLUTEN- FLOUR wrap

NOTES- chipotle mayo “dots” on each ¼ piece of quesadilla, small ramekin of pico de gallo

ITEM- **slow roasted jumbo chicken LOLLIPOPS**

RECIPE INGREDIENTS –slow roasted with EVOO and kosher salt and black pepper, cooked 85% of the way thru

ALLERGIES- gluten if fried in oil upstairs

DAIRY- blue cheese ,

NUTS-none

GLUTEN- teriyaki sauce contains wheat

NOTES- can be tossed with buffalo sauce or homemade bbq sauce, small cup of bleu cheese dressing (gluten free), garnished with carrot & celery sticks

ITEM- 2 each, 1.5 oz each, **Georges bank (haddock) fish tacos**

Georges Bank is a large elevated area of the sea floor between [Cape Cod, Massachusetts](#), (USA). and [Cape Sable Island, Nova Scotia](#) (Canada). It separates the [Gulf of Maine](#) from the [Atlantic Ocean](#).

The origin of its name is obscure. The 1610 Velasco map, prepared for [King James I of England](#), used the name "S. Georges Banck", a common practice when the name of the English patron saint, [St. George](#), was sprinkled around the English-colonized world. By the 1850s, it was known as simply as Georges Bank.

10 oz. haddock beer Battered (beer , flour , eggs)

RECIPE INGREDIENTS – **Cotija** cheese, (is a hard cow's milk **cheese** that originated from Mexico. It is named after the town of **Cotija**, Michoacán). black bean salsa (cumin, cilantro, salt, vegetable oil, diced red onions), pico de gallo- diced tomatoes, diced red onions, cilantro, salt, jalapeno, lime juice, ketchup) cilantro – lime cream (cilantro, lime juice, salt, mayo), 2 grilled 6 inch corn tortillas

ALLERGIES- Seafood, gluten , breadng flour
DAIRY- cotija cheese (pasteurized), buttermilk
NUTS- none
GLUTEN- breadng flour
NOTES- garnished with fresh cilantro leaves

Grilled Flatbread

Pizzas Round DOUGH – high gluten wheat flour, yeast, salt , water, and love . wood grilled .
item- **margherita**

RECIPE INGREDIENTS – pomodoro sauce (tomato sauce, onions, Italian seasonings, onions, garlic, tomato paste, white wine, fresh basil, pecorino Romano)
TO SELL- sliced tomatoes, shredded mozzarella, fresh basil garnish
ALLERGIES- gluten, dairy
DAIRY- mozzarella cheese
NUTS-none
GLUTEN- flour for the pizza dough
NOTES-

ITEM- **old school pepperoni**

RECIPE INGREDIENTS – pomodoro sauce (tomato sauce, onions, Italian seasonings, onions, garlic, tomato paste, white wine, fresh basil, pecorino romano)
TO SELL- sliced pepperoni, shredded mozzarella, fresh basil garnish
ALLERGIES- gluten, dairy
DAIRY- mozzarella cheese
NUTS-none
GLUTEN- flour for the pizza dough
NOTES-

ITEM- **white truffled Cauliflower & Mozzarella**

RECIPE INGREDIENTS – raw Cauliflower dressed in EVOO salt and pepper
TO SELL- marinated cauliflower ,shredded mozzarella, fresh scallion garnish, white truffle oil finish
ALLERGIES- gluten,
DAIRY- mozzarella cheese
NUTS-none
GLUTEN- flour for the pizza dough
NOTES-

ITEM- braised chipotle chicken pizza

RECIPE INGREDIENTS – braised chicken (boneless, skinless thighs, seasoned with cajun seasoning, chipotle peppers, seared in a big pan, and cooked in 2/3 liquid until they fall apart)
TO SELL-chipotle mayo, mozzarella cheese, black bean salsa (cumin, cilantro, salt, vegetable oil, diced red onions) corn kernels, garnish with sliced avocado, cilantro-lime crema, (cilantro, lime juice, salt, mayo), pico de gallo (diced tomatoes, diced red onions, cilantro, salt, jalapeno, lime juice, ketchup)

ALLERGIES- gluten, dairy

DAIRY- mozzarella cheese , lime crema

NUTS-none

GLUTEN- flour for the pizza dough

NOTES-

ITEM- SWEET ITALIAN SAUSAGE (PORK) , PEPPERS & ONIONS

RECIPE INGREDIENTS –pomodoro sauce, tomato sauce, onions, Italian seasonings, onions, garlic, tomato paste, white wine, fresh basil, pecorino romano)
mozzarella cheese , caramelized onions (evoo, salt and pepper)

TO SELL- fresh cut basil leaves and pecorino romano.

ALLERGIES- gluten, dairy

DAIRY- mozzarella cheese

NUTS-none

GLUTEN- flour for the pizza dough

NOTES-

SALADS

ITEM- House

RECIPE INGREDIENTS – carrots, red onions, cucumbers, tomatoes, croutons, spring mix (baby romaine and oak leaf lettuces are enhanced with the pleasant bitterness of endive and radicchio), sweet balsamic dressing (honey and balsamic vinegar)

ALLERGIES- gluten

DAIRY-none

NUTS-none

GLUTEN- croutons

NOTES-all tossed together

ITEM- bbq chicken chopped salad

RECIPE INGREDIENTS – 6 oz. chicken breast (parsley and lemon marinade), homemade bbq sauce, spring mix (baby romaine and oak leaf lettuces), black beans (cumin, cilantro, salt, vegetable oil, diced red onions), corn kernels, sliced red onions, fried corn tortilla strips, fresh guacamole, jack cheese (pasteurized), cucumbers, diced tomatoes, ranch dressing

ALLERGIES- dairy,

DAIRY- jack cheese

NUTS-none

GLUTEN-ranch dressing,

NOTES-all tossed together, except grilled chicken, which is diced then tossed in bbq sauce, garnished with crispy tortilla chips

Greek salad – Greek salad

cucumbers, kalamata olives, tomatoes, artichoke hearts, bell peppers, feta cheese, grilled pita bread, sliced red onions, creamy greek dressing

ALLERGIES-

DAIRY- feta cheese (pasteurized)

NUTS-

GLUTEN- greek dressing is gluten free

NOTES-all tossed together, garnished with grilled pita bread

ITEM- grilled apple and bleu cheese

RECIPE INGREDIENTS –grilled granny smith apples, bleu cheese, candied walnuts (brown sugar, cinnamon, honey), spring mix , sweet balsamic dressing (honey and balsamic vinegar, vegetable oil)

ALLERGIES-

DAIRY- bleu cheese (pasteurized)

NUTS-candied walnuts

GLUTEN-

NOTES-all tossed together

ITEM- Caesar Salad

History

The salad's creation is generally attributed to restaurateur [Caesar Cardini](#), an [Italian](#) immigrant who operated restaurants in Mexico and the United States.^[1] Cardini was living in [San Diego](#) but also working in [Tijuana](#) where he avoided the restrictions of [Prohibition](#).^[2] His daughter Rosa (1928–2003) recounted that her father invented the dish when a [Fourth of July](#) 1924 rush depleted the kitchen's supplies. Cardini made do with what he had, adding the dramatic flair of the table-side tossing "by the chef."^[3] A number of Cardini's staff have said that they invented the dish.^{[4][5]}

[Julia Child](#) said that she had eaten a Caesar salad at Cardini's restaurant when she was a child in the 1920s.^[6] The earliest contemporary documentation of Caesar Salad is from a 1946 Los Angeles restaurant menu, twenty years after the 1924 origin stated by the Cardinis.^[7]

RECIPE INGREDIENTS – romaine lettuce chopped, Caesar dressing, croutons, pecorino romano then tossed to sell. garnish with lemon wedge

ALLERGIES- dairy, gluten

DAIRY- pecorino romano cheese

NUTS-none

GLUTEN- Caesar dressing, croutons

NOTES- can add all types of proteins on top

OFF THE GRILL , Burgers & Sandwiches

When adding apple wood smoked bacon to and sandwich it is 2 pieces for 2 dollars

When adding avocado it's a ½ an avocado

All sandwiches come with sweet butter chip pickles, LT (lettuce, tomato,)

Except pulled pork

Burger rolls are deli rolls

Veggie Burger is a wheat roll

ITEM- west **burger**

RECIPE INGREDIENTS – 7oz. beef patty 80/20 choice (ratio from meat to fat) , salt, pepper, 2 pieces cheddar cheese, 2 pieces of apple wood smoked bacon, french fries, crispy onion rings (Spanish onion, dredged in seasoned flour, buttermilk, fryer oil, salt,), deli roll

ALLERGIES- dairy, gluten

DAIRY- cheddar cheese (pasteurized), buttermilk for onion rings

NUTS-none

GLUTEN- onion rings, flour, bun

NOTES- cooked to temperature

ITEM- **13 hour hickory wood smoked pulled pork sandwich**

RECIPE INGREDIENTS – 13 hour hickory wood smoked pork butt (Shoulder), cajun seasoning, homemade bbq sauce, scallions, shredded jack cheese, cole slaw (cabbage, carrots, sugar, mayo, white vinegar) french fries

ALLERGIES- dairy, gluten

DAIRY- jack cheese (pasteurized), brioche roll

NUTS-none

GLUTEN- mayo mix for cole slaw , brioche roll

NOTES-

ITEM- **PASTRAMI RACHEL**

RECIPE INGREDIENTS – **Pastrami** (Romanian: *pastramă*, Yiddish: פֿאַסטראָמע *pastróme*) is a popular [delicatessen](#) meat usually made from [beef](#), and sometimes from [pork](#), [mutton](#) or [turkey](#). The raw meat is [brined](#), partially dried, seasoned with various herbs and spices, then [smoked](#) and steamed. In the United States, although [beef plate](#) is the traditional cut of meat for making pastrami, it is now common to see it made from beef [brisket](#), beef round, and [turkey](#). Like [corned beef](#), pastrami was originally created as a way to preserve meat before modern [refrigeration](#).

rye bread is toasted, Russian dressing (ketchup & Mayo, chopped pickles, lemon juice) cole slaw and sliced swiss

ALLERGIES- dairy, gluten

DAIRY- swiss cheese (pasteurized), 1000 island dressing (ketchup & tartar sauce)

NUTS-none

GLUTEN- rye bread

NOTES-

ITEM- **veggie burger**

RECIPE INGREDIENTS – black beans, spanish onions, cilantro, bell peppers, eggs, parmesan cheese, barley, mushrooms, cumin, Panko (Japanese bread crumbs), blended oil, salt, pepper, sauce- pico de gallo on the side (diced tomatoes, diced red onions, cilantro, salt, jalapeno, lime juice, ketchup), fresh guacamole to garnish

ALLERGIES- dairy, gluten

DAIRY- parmesan cheese

NUTS- none

GLUTEN- wheat roll, Panko

NOTES- eggs, wheat roll

ITEM- grilled chicken & fresh guacamole BLT sandwich

RECIPE INGREDIENTS – 6 oz. chicken breast (parsley and lemon marinade) grilled, toasted white bread, chipotle mayo, green leaf lettuce, 4 slices of applewood smoked bacon, 3 slices of tomatoes, fresh guacamole (1 each avocado, diced red onions, diced tomatoes, chopped cilantro, extra virgin olive oil, fresh squeezed lime juice, salt to taste

French fries

ALLERGIES- gluten

DAIRY- chipotle mayo

NUTS- none

GLUTEN- bun

NOTES-

ENTREES

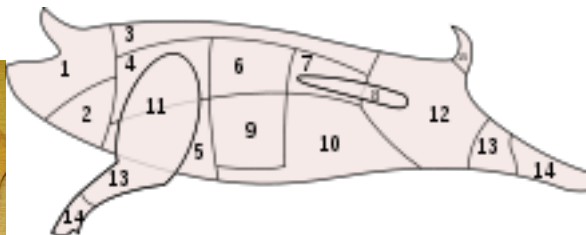
mashed potatoes are made with Idaho russet potatoes, hard butter, heavy cream, and salt.

Buttery green beans are blanched in salted water then tossed in hard butter, and salt

rice – is a long grain rice, uncle bens, sautéed onions, butter, garlic, then toast rice then add salt and double the liquid and cook on low heat until tender

GRILLED ASPARAGUS - Blanched asparagus, then tossed in garlic, salt & pepper, evoo

ITEM- pork tenderloin & frites



marked as 8

RECIPE INGREDIENTS – The **pork tenderloin** also in some countries called **pork fillet**, is a cut of pork. As with all **quadrupeds**, the tenderloin refers to the **psoas major** muscle along the central spine portion, ventral to the lumbar vertebrae. This is the most tender part of the animal, because these muscles are used for posture, rather than locomotion

SRVED WITH HOMEMADE APPLE SAUCE - granny smith apples cooked down with butter, honey added and fresh rosemary at the end.
fresh cut French fries.

ITEM- grilled tenderloin bbq steak tips

RECIPE INGREDIENTS – grilled bbq marinated tenderloin tails cut in 2 oz cubes or tips, 5 steak tips (10 oz.) mashed potatoes, grilled asparagus spears, crispy onion rings (Spanish onion, dredged in seasoned flour, buttermilk, fryer oil, salt,)

A **beef tenderloin**, known as an **eye fillet** in [New Zealand](#) and [Australia](#), **fillet** in South Africa^[1] and the **UK**, **filet** in France and Germany, is cut from the **loin** of **beef**. As with all **quadrupeds**, the tenderloin refers to the **psoas major muscle** ventral to the transverse processes of the **lumbar vertebrae**, near the **kidneys**.^[2] The tenderloin is an oblong shape spanning two primal cuts: the short loin and the sirloin. The tenderloin sits beneath the ribs, next to the backbone. It has two ends: the butt and the "tail". The smaller, pointed end - the "tail" - starts a little past the ribs, growing in thickness until it ends in the "sirloin" **primal cut**, which is closer to the butt of the cow.^[3] This muscle does very little work, so it is the tenderest part of the beef. The tenderloin can be cut for either **roasts** or **steaks**. Tenderloins from **steers** and **heifers** are most common at retail, but those from cows are common in foodservice applications, such as less expensive **steakhouses**.

ALLERGIES- gluten

DAIRY-buttermilk for onion rings, heavy cream for mashed

GLUTEN- onion rings

ITEM- Chicken AGRODOLCE

Agrodolce is a traditional sweet and sour **sauce** in **Italian cuisine**. Its name comes from "agro" (sour) and "dolce" (sweet). Agrodolce is made by **reducing** sour and sweet elements, traditionally **vinegar** and **sugar**. Sometimes, additional flavorings are added, such as **wine**, **fruit**, or even **chocolate**. It can be high in fat, sodium, cholesterol and sugar, **Pickling** is the process of **preserving food** by **anaerobic fermentation** in **brine** or **vinegar**. The resulting food is called a **pickle**. This procedure gives the food a **salty** or **sour** taste. In **South Asia**, edible oils are used as the pickling medium with vinegar.^[1]

ALLERGIES - cream in mashed , feta cheese

TO SELL - 6oz. chicken breast pounded to tenderize, seasoned with salt & pepper, lemon parley marinade. Grilled to order, sliced out, then topped with feta cheese, pickled golden raisins, pickled tri colored bell peppers, pickled red onions, capers, fresh basil Serve with creamy mashed potato

RAMP

HOW ITS MADE –

ROSSOTTO WITH PANCETTA< MEYER LEMON & PARMESAN

Render Pancetta ---**Pancetta** (Italian pronunciation: [panˈtʃetːa]) is [Italian bacon](#) made of [pork belly](#) meat that is [salt cured](#) and spiced with [black pepper](#) and sometimes other spices.

until bacon is crispy and the fat is taken out , save bacon , set aside fat, back in pan, add butter, onions diced , minced garlic, add hearts of ramps (the white part by root), then add arborio rice , toast, then add white wine , vegetable stock , and let cook out until soft.

For sell, add leaves of ramps, rendered pancetta , fresh basil , meyer lemon zest & juice , ramp puree added at end

RAMP-



Allium tricoccum (commonly known as [ramp](#),^[3] [ramps](#), [spring onion](#), [ramson](#), [wild leek](#),^[3] [wood leek](#),^[3] and [wild garlic](#)) is an early spring [vegetable](#), a [perennial wild onion](#) with a strong [garlic](#)-like odor and a pronounced onion flavor.

Arborio rice is an [Italian](#) short-grain [rice](#). It is named after the town of [Arborio](#), in the [Po Valley](#), where it is grown. When cooked, the rounded grains are firm, creamy, and chewy,

due to its higher [amylopectin](#) starch content,^[1] thus, it has a starchy taste but blends well with other flavours. It is used to make [risotto](#), although [Carnaroli](#), [Maratelli](#) and [Vialone Nano](#) are sometimes used to prepare the dish. Arborio rice is also used for [rice pudding](#).

ALLERGIES - butter, parm cheese

RICOTTA CAVATELLI ALLA VODKA -

Penne alla vodka is an [Italian pasta](#) dish always made with [vodka](#) and [penne pasta](#), often made with heavy [cream](#), crushed [tomatoes](#), [onions](#), and sometimes [sausage](#) or [bacon](#).

Method of prep-- sauté diced Spanish onions in evoo & butter, flambé gilberts vodka, then add the house pomodoro sauce, heavy cream, fold in ricotta cheese, fresh basil parm cheese

ALLERGIES-

dairy- ricotta cheese, parm cheese

gluten- pasta has flour

Cavatelli are a type of [pasta](#). The term *cavatelli* has two meanings: the most common meaning is small pasta shells that look like miniature [hot dog buns](#).^[1] The name is less frequently used for a type of dumpling made with [ricotta](#).^[1]



PASTA BOLOGNESE -

ground beef brisket , ground sweet Italian sausage

cooked out, then strained to remove fat,

in same pan we saute onions, garlic, shredded carrots until cooked , the beef is added back with vegetables , pomodoro sauce is added then flavored and seasoned with salt pepper, fresh basil, pecorino romano ,

served with cavatappia pasta (**Cavatappi** is **macaroni** formed in a curly, swirly, spiral tube shape. It is known by other names, including **cellentani**, **amori**,**spirali**, **tortiglioni**, **fusilli rigati**, or **scoobi doo**^[1]. It usually has rigati (lines or grooves on the outside surface of **pasta**).



garnished with fresh basil, strands of pecorino romano

half and full portions are offered

ITEM- teriyaki salmon

PRODUCT DESCRIPTION

It is easy to assume that all Farm Raised Atlantic Salmon are of the same quality and flavor. Atlantic salmon is produced world wide and the genus and species (salmon salar) is identical

throughout the producing countries. However, this is as far as the similarity goes. Foley's has "gone to school" on Atlantic salmon to locate and bring you the very highest quality, firmest textured, freshest and most flavorful Atlantic salmon produced anywhere.

Four major factors differentiate one Farm Raised Atlantic Salmon from another:

- Gene pools
- Farming practices (husbandry)
- Harvesting and slaughtering techniques
- Packing and travel time of the finished product

Attention to detail at each step along the way, from the hatchery to the final shipping of the product, determines the overall quality and flavor of the salmon that you serve to your customers. The fish we ship each day was swimming the day before! In addition, Foley salmon farms test their salmon regularly at the parts per trillion level for PCB's to ensure the healthfulness of each fish. Finally, Foley salmon farms have strict criteria for their feed and do not include any bovine byproducts.

RECIPE INGREDIENTS – 8 oz. Foleys own farm raised salmon filet seasoned with salt, pepper, pan roasted, then glazed with teriyaki sauce (is a [cooking](#) technique used in [Japanese cuisine](#) in which foods are [broiled](#) or [grilled](#) in a sweet [soy sauce marinade](#))

In a separate pan with vegetable oil and sesame oil, stir-fry vegetables, peppers, carrots, cremini mushrooms (baby portabella mushrooms), then add lo mein noodles, cilantro leaves, and teriyaki sauce. garnish salmon with teriyaki glaze, toasted macadamia nuts, and scallions

ALLERGIES-

DAIRY-none

NUTS-toasted macadamia nuts

GLUTEN- teriyaki sauce, lo mien noodles **Lo mein** ([Chinese](#): 撈麵) is a [Chinese dish](#) with wheat flour [noodles](#). It often contains [vegetables](#) and some type of [meat](#) or [seafood](#), usually [beef](#), [chicken](#), [pork](#), [shrimp](#) or [wontons](#).

The term *lo mein* comes from the [Cantonese](#) *lōu mihn* (撈麵), meaning “stirred noodle

ITEM-**teriyaki chicken**

RECIPE INGREDIENTS – tender chicken breast (par cooked in water slowly to make tender) but first coated in a cornstarch, egg, garlic powder, baking soda, salt, marinade overnight.)

Teriyaki sauce (is a [cooking](#) technique used in [Japanese cuisine](#) in which foods are [broiled](#) or [grilled](#) in a sweet [soy sauce marinade](#))

In a separate pan with vegetable oil and sesame oil, stir-fry vegetables, peppers, carrots, cremini mushrooms (baby portabella mushrooms), green beans cut, then add lo mien noodles, cilantro leaves, and teriyaki sauce. garnish chicken with teriyaki glaze, toasted macadamia nuts, and scallions

ALLERGIES-

DAIRY-none

NUTS-macadamia nuts

GLUTEN-teriyaki sauce, lo mien noodles
NOTES-serve w/chopsticks

ITEM- Georges bank baked haddock

Georges Bank is a large elevated area of the sea floor between [Cape Cod, Massachusetts](#), (USA). and [Cape Sable Island, Nova Scotia](#) (Canada). It separates the [Gulf of Maine](#) from the [Atlantic Ocean](#).

The origin of its name is obscure. The 1610 Velasco map, prepared for [King James I of England](#), used the name "S. Georges Banck", a common practice when the name of the English patron saint, [St. George](#), was sprinkled around the English-colonized world. By t Foley Fish buyers seek to source their groundfish from boats fishing on Georges Bank. A fisherman, asked to describe the benefits of the Georges Bank as a habitat for fish said, "Fish in the Georges Bank eat healthy and live clean."

The Georges Bank runs from the Northern tip of Cape Cod to the southern tip of Nova Scotia. Because of its distance from shore, the waters are exceptionally clean. Fish thrive in this pollutant free environment. They also thrive because the Georges Banks are rich in nutrients. Two currents converge at the banks providing Georges Bank fish with a superior diet. The relatively shallow water (30-40 fathoms) allows the fish to better see and capture its foods. The end result is fish that are meaty and delicious to eat.

he 1850s, it was known as simply as Georges Bank.

RECIPE INGREDIENTS - 8 oz. haddock seasoned with salt & pepper, white wine, hard butter, ritz crackers, baked in the still oven

ALLERGIES- butter

DAIRY-none

NUTS-

GLUTEN-

NOTES-serve w/ mashed potatoes, grilled asparagus, garnish with lemon wedge

ITEM- Fish & Chips Georges bank

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relatively shallow water (30-40 fathoms) allows the fish to better see and capture its foods. The end result is fish that are meaty and delicious to eat.

RECIPE INGREDIENTS – 10 oz. haddock beer Battered (beer , flour , eggs) salt & pepper, served on top of our house cut fries, cole slaw, tartar sauce and lemon wedge

ALLERGIES- eggs, flour,

DAIRY-none

NUTS-

GLUTEN- flour, cole slaw mayo

NOTES-

DESSERTS

ITEM- **Fallen Chocolate Cake**

RECIPE INGREDIENTS – butter, eggs, dark chocolate, sugar

ALLERGIES-

DAIRY-none, whipped cream yes

NUTS-none

GLUTEN-none flourless

NOTES- garnished with mango puree, and raspberry sauce, whipped cream, powdered Sugar

ITEM- **Key Lime Pie with whipped cream**

RECIPE INGREDIENTS –

eggs yolks, sweetened condensed milk, key lime juice, lime zest , graham cracker shell

TO SERVE- powdered sugar, whipped cream

ALLERGIES- dairy

ITEM- **sopapilla (soft pillows in italian)**

A **sopapilla**, **sopapilla**, **sopaipa**, or **cachanga**^[1] is a kind of fried [pastry](#) and a type of [quick bread](#) served in [Argentina](#),^[2] [Bolivia](#),^[2] [Chile](#),^{[2][3]} [New Mexico](#),^[4] [Peru](#),^[1] [Texas](#),^[5] and [Uruguay](#).^[6] The word sopapilla is the [diminutive](#) of sopaipa, a word that entered Spanish from the [Mozarabic language](#) of [Al-Andalus](#).^[7] The original Mozarabic word *Xopaipa* was used to mean bread soaked in oil, and derived in turn from the [Germanic](#) word *suppa* which meant bread soaked in liquid.^[2]

A sopapilla is traditionally made from [leavened](#) wheat dough (or a mixture of wheat flour and [masa harina](#)) to which some [shortening](#) or butter is added. After being allowed to rise, the dough is rolled into a sheet that is then cut into circular, square or triangular shapes. The shapes are 8-10 cm in size for the longest dimension (if intended for a dessert) or 15-20 cm (if intended to be stuffed for a main course). The shapes are then deep-fried in oil, sometimes after allowing them to rise further before frying: the frying causes the shapes to puff up, ideally forming a hollow pocket in the center.^[8]

RECIPE INGREDIENTS – 9 oz pizza dough ball stretched out per order, deep fat fried, then tossed in a sugar and cinnamon mixture.

DAIRY allergy- ice cream

GLUTEN- pizza dough

NOTES-garnish with mango puree, raspberry puree, powdered sugar