

# CHEF CITY *grill*

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AT LAKE WASHINGTON TECHNICAL COLLEGE

## Fall 2008 Lunch Menu

### Starters

#### **Arancini**

Panko encrusted risotto rice balls (4) • Fontina cheese-filled • deep fried • pomodoro sauce  
5 •

#### **Mediterranean Sampler**

Pita triangles • falafel • hummus • baba ganoush • Kalamata olives • tabbouleh  
feta cheese • cherry tomatoes • celery sticks  
4 •

### Soups & Salads

#### **Village Salad**

Hearts of romaine • red & yellow teardrop tomatoes • English cucumber • artichoke hearts  
pepperoncini peppers • baby beets • red onion swirls • Kalamata olives • trio of bell peppers  
feta cheese • lemon oregano herb vinaigrette  
6 •

#### **Our Classic Caesar Salad**

Hearts of romaine • polenta croutons • creamy Caesar dressing • shaved Parmigiano-Reggiano  
6 •  
as accompaniment 3 •  
add roasted chicken (5 oz) 2 •

#### **Cobb Salad Timbale**

Our rendition of a classic salad • julienned iceberg lettuce • roasted chicken • avocado • beefsteak tomato  
crumbled pepper bacon • hardboiled egg • crumbled bleu and shredded cheddar cheeses  
6 •

#### **Gorgonzola & Hazelnut Salad**

Shredded iceberg lettuce • hearts of romaine • toasted hazelnuts • crumbled gorgonzola • plum tomatoes  
red & green onions • apples • Bosc pears • crumbled pepper bacon • creamy bleu cheese dressing  
7 •

#### **Asian Chicken Salad**

Panko-crusting julienne breast of chicken • shredded iceberg • scallion • rice noodles • sesame seeds  
fried wontons • Mandarin orange segments • choice of peanut dressing or soy rice vinaigrette  
7 •

#### **Starter Salad**

Romaine and iceberg lettuce • roma tomato • English cucumber • julienne carrot • polenta croutons  
purple cabbage • red onion • choice of dressing  
3 •

#### **Soup of the Day**

(Please ask your server about our soup of the day)

Cup 2 •

Bowl 3 •

#### **Thursday Only**

Vegetarian Soup

Cup 2 •

Bowl 3 •

#### **Friday Only**

Chowder served in a sourdough bread bowl

Manhattan clam chowder with clam cake

4 •

#### **Salad dressings**

Bleu cheese  
Caesar  
Honey Mustard  
Lemon oregano herb vinaigrette  
Mandarin peanut

Ranch  
Red wine vinaigrette  
Soy sauce rice wine vinaigrette  
Thousand island

 Chef City Grill lighter fare  
 Vegetarian dish

For information about our Culinary and Baking Arts program please visit [www.chefcitygrill.com](http://www.chefcitygrill.com)

## Sandwiches

*Sandwiches are served with your choice of thyme fries • petite green salad • sweet potato chips  
Mediterranean eggplant salad • tabbouleh • butternut squash sweet potato purée*

### **Chef City Grill Burger**

*All natural ground beef patty • toasted ciabatta bread • iceberg lettuce • tomato • red onion swirls  
kosher dill pickle • gruyere, havarti or cheddar cheese • Thousand island dressing*  
7 •

### **Country Fried Steak Sandwich**

*Chicken fried steak • American cheese • iceberg lettuce • tomato • mayonnaise • grilled sourdough*  
7 •

### **Gyro Wrap**

*Choice of lamb & beef, or falafel • tzatziki sauce • pita bread  
diced roma tomatoes • sweet yellow onions*  
6 •

### **Vegetarian Sandwich or Wrap**

*Guacamole • roasted red peppers • baby spinach • microgreens  
red onion swirls • roma tomato • pepperoncini peppers • English cucumber • Boursin cheese  
lemon aioli • tomato or spinach tortilla, multigrain, or bread of choice*  
7 •

### **Roast Breast of Turkey Panini**

*Turkey • pepper bacon • havarti • tomato • red onion • sourdough*  
7 •

*Add to your favorite sandwich any of the following:*

*Caramelized onion • guacamole • pepper bacon • sautéed mushrooms*  
1 •

*Cheddar • Gruyere • havarti • mozzarella cheese • pepperjack • provolone*  
2 •

## Pastas

### **Cappellini Pomodoro**

*Red & yellow teardrop tomatoes • fresh basil • garlic • extra virgin olive oil • shaved Parmigiano-Reggiano*  
6 •  
*Add roasted chicken 2 •*

### **Conchiglie**

*Shell pasta • pomodoro sauce • mild Italian sausage • green cabbage • shaved Parmigiano-Reggiano*  
7 •

### **Ravioli**

*Spinach ricotta butternut squash ravioli  
light gorgonzola cream • crushed walnuts • grated Romano*  
8 •


### **Rigatoni Bolognese**

*Ground beef • pork • mild Italian sausage • garlic  
green peas • plum tomato ragout • fresh mozzarella*  
8 •

### **Vegetarian Pasta**

*Striped spinach tomato tortellini • lemon-infused cream sauce • arugula • plum tomato • red & green onions*  
7 •  
*Add roasted chicken 2 •*

 **Chef City Grill lighter fare**

 **Vegetarian dish**

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## Entrées

*(A medley of fresh • seasonal • steamed vegetables may be substituted for the starch in any lunch entrée)*

### **Tilapia**

Oven-baked crusted mild, exotic fish fillet • wild mushroom risotto • plum tomato-onion compote  
8 •

### **Roast Breast of Turkey**

Butternut squash sweet potato purée • Autumn succotash • lemon sage au jus • cranberry compote  
7 •

### **Ultimate Meatloaf**

Caramelized onions • wild mushroom sauce • butternut squash sweet potato purée  
7 •

### **Herb-Roasted Chicken**

Cinnamon, almond & golden raisin pilaf • lemon herb marinade • seasonal vegetables • sage au jus  
8 •

### **Battered Halibut & Chips**

Served with thyme fries and your choice of sides: petite green salad • sweet potato chips  
Mediterranean eggplant salad • tabbouleh • butternut squash sweet potato purée  
8 •

## Desserts

**Honey Walnut Cake** 4 •  
**Crème Brulee** 4 •  
**Chocolate Torte** 4 •

## Beverages

Coke/diet/Sprite/lemonade/Fanta	1 <sup>25</sup> •	coffee/tea	1 <sup>25</sup> •
Arnold Palmer (iced tea and lemonade)	1 <sup>25</sup> •	espresso	1 <sup>50</sup> •
iced tea	1 <sup>25</sup> •	cappuccino/latte	2 •
whole or skim milk	1 <sup>25</sup> •	mocha	2 <sup>25</sup> •
selection of herbal teas	1 <sup>25</sup> •	extra shot	<sup>50</sup> •
hot chocolate	1 <sup>25</sup> •		

Cash, personal checks (local), Visa or MasterCard accepted

*If you have any dietary restrictions or questions, please inform your server  
and we will make every effort to satisfy your request.*

*At CHEF CITY GRILL (est. 2006) we are committed to your complete satisfaction!*

Donations to the **LWTC Foundation** directly support  
Culinary Arts Programs and Scholarships

**Restaurant hours Wednesday through Friday 11:00AM to 1:30PM**  
**Reservations highly recommended**  
**425-739-8310 or Internal Ext. 310**

*Parties of 6 or more are required to pre-order one hour prior to reservation  
Parties of 8 or more – limited menu and pre-order 24 hrs. prior to reservation*

**We are pleased to make your order "To Go". There will be an added 50¢ container charge.**

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

Paul Pavsidis  
Chef Instructor

Courtney Gregory  
Culinary Instructor

Janet Shaffer  
Baking Instructor

David Coan, Sommelier  
Hospitality Instructor

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