

### Appetizers

Chipotle pulled pork tostini (211 cal)  
With a watermelon radish and heirloom carrot slaw

Watercress arugula salad (243 cal)  
Lemon-plum vinaigrette, candied walnuts,  
feta cheese, plum pieces

Pumpkin soup (114 cal)  
Roasted pumpkin seeds

### Intermezzo

Cucumber lemongrass

### Entrees

4 oz top sirloin steak (343 cal)  
Tomato and Spinach couscous salad, roasted vegetables,  
cherry-thyme reduction

Pan seared haddock (388 cal)  
Red potato mash, grilled asparagus,  
rosemary lemon sauce

Grilled chicken (412 cal)  
Marinated in a lemon ginger soy sauce  
Bok choy, roasted sweet potatoes  
Sweet soy glaze

### Desserts

Orange ginger sorbet (76 cal)  
Candied ginger medallions and orange peel  
Peanut butter Cheesecake  
Chocolate ganache  
Chocolate Tiramisu  
Chocolate shavings