



Lunch Menu

To Start \$7.5

Feature Appetizer

Changes Daily

**Heirloom Tomato,
Cucumber & Octopus Salad**

Ink Brioche & Basil

Beetroot Cured Steelhead Trout

Beets, Potato, Mache & Horseradish

Endive, Blue Benedictine & Fennel Salad

Hazelnuts, Grapes & Honey Vinaigrette

Romaine Salad

With Parmesan Goat Cheese Fritters
Deconstructed Caesar Dressing

Soup \$6

Curried Lentil & Split Pea Soup**Feature Soup Of The Day**

Main Fare From the Wood Stone \$9.5

Poke Bowl

Albacore Tuna
Steamed Japanese Rice, Shimiji
Mushrooms
Assorted Raw & Pickled Vegetables w/
Togarashi & Tabiko Dressing

SAIT Calbrezza Pizza

Forno Roasted Broccolini, Boursin Cheese
Pickled Peppers, Red Wine Gastrique
Mozzarella

Braised Beef Bowl

Steamed Japanese Rice, Shimiji
Mushrooms
Assorted Raw & Pickled Vegetables w/
Teriyaki Sauce

Butter Chicken Pizza

Roasted Chicken, Cheese Curds
Pickled Red Onions, Cilantro

Main Fare \$12.5

Tempura Of Cod

Remoulade Sauce, Mushy Pea Puree
Gaufrette Potatoes

"Peking" Style Duck Leg Confit

"Fried Rice" & Highwood Hoisin
w/ Vegetables

Bison & Bannock Burger

Aged Cheddar, Charred Onions
Saskatoon Berry Relish, Petit Salad
(served open faced)

Blackened Shrimp & Grits

Fried Okra, Sautéed Greens
Beurre Rouge

Highwood Free Range Egg Frittata

Yukon Potatoes, Boursin Cheese, Spinach
Cherry Tomatoes & Chives
Choice of Pulled Chicken or Cured Salmon

Korean Quinoa "Meatballs"

Ssamjang Sauce, Green Onion & Cabbage
Slaw, Kimchi, Fried Seaweed & Rice Chips

Highwood Steak Sandwich

Chargrilled Top Sirloin, Cheddar Biscuit
Blue Cheese Crumble, Steak Fries

The Highwood Roast Of The Day

Served w/ Pomme Puree &
Seasonal Vegetables

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All products sold may contain or have been exposed to tree nuts, peanuts, milk and gluten.

Dessert \$6

Strawberry Rhubarb Crumble

Vanilla Ice Cream Anglaise

Double Chocolate Brownie

With Mango Coulis

Blueberry Cheese Cake Parfait

Light Cream Cheese Mousse
Graham Crumb Base
Blueberry Compote & Almond Cookie

Coffee or Tea \$1.75
Espresso, Cappuccino, Mochachino,
Macchiato, Latte, Americano \$2.5

WELCOME TO OUR CLASSROOM

Unlike other restaurants, The Highwood is a live learning environment led by renowned chefs and service instructors committed to training the next generation of culinary leaders and hospitality professionals. Welcome to our classroom — your patronage is essential to applied learning and student success.

At The Highwood, we respect the traditions of our profession, and encourage our students to refine their craft in a safe and experiential surrounding. Adhering at all times to our school's philosophy of *Excellence in Everything We Do*, we provide our students with the knowledge, care and discipline to thrive in our sustainable, service-oriented setting.

As our valued guest, we strive to provide you with a diverse yet harmonious, gastronomic experience presented with passion by our students. Thank you for choosing The Highwood. Together with pride, we contribute to and build upon an exceptional future in our hospitality community.

Chef Instructor:	Michael Dekker
Garde Mangér Chef:	Michael Allemeier
Patisserie Chef:	Victoria German
Supporting Instructor:	Michelle Kennedy
Service Instructor:	Danielle Radke

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