



Lunch Menu

To Start \$8.5

Alberta Beef Carpaccio

*Lemon Vinaigrette, Crispy Shallots & Capers
Parmesan & Micro Lettuce*

Asian Style Duck Confit Salad Rolls

*Pickled Carrots, Basil
House-Made Hoisin*

Sockeye Salmon Gravlax

*Rye Bread Crouton, Pickled Onions
Dill & Mustard Aioli*

Heirloom Tomato & Hearts Of Palm Salad

*Shallot & Red Wine Vinaigrette
"Prepared Tableside"*

Soup \$6.5

White Onion Veloute

Parmesan & Nigella Twist

Chicken, Kale & White Bean Soup

Main Fare From the Wood Stone \$10.5

Eggplant Parmigiana

*San Marzano Sauce, Smoked Mozzarella
Fresh Focaccia*

Pear & Gorgonzola Pizza

*SAIT Prosciutto, Caramelized Onions
Buckwheat Honey*

Braised Lamb Neck Quesadilla

*Salsa Macha, Queso Fresco
Corn Tortillas*

Madras Chicken Curry

*Fresh Garlic Naan, Fragrant Coconut Rice
Ginger Raisins, Cucumber Raita*

Main Fare \$14

Southwestern Chicken Salad

*Cajun Rubbed Chicken, Buttermilk Ranch
Brown Butter Corn Bread
Watermelon Feta*

Steamed Cod Fillet

*Mushroom Dashi, Wilted Greens
Spicy Cucumber Salad*

Vitello Tomato Meatball Sub

*Veal & Ricotta Meatballs
Albacore Tuna Sauce
Fontina, Arugula*

Vietnamese Beef Salad

*Marinated Flank Steak
Spicy Peanuts, Nuoc Cham
Mint, Cilantro, Crispy Shallot*

Chicken Milanese

*Crispy Chicken Breast, Venetian Saor
Smoked Paprika, Squash Caponata*

Gluten Free Hand Made Cavatelli

*San Marzano Tomato Sauce
Bocconcini, Fresh Basil*

Oregon Pink Shrimp & Lobster Roll

*Mary Rose Sauce, Buttered Roll, Dill
Served with Old Bay Fries*

Highwood Roast Of The Day

*Yorkshire Pudding, Pomme Puree
Seasonal Vegetables*

PRIOR TO ORDERING LUNCH PLEASE NOTIFY INSTRUCTOR OF ANY ALLERGIES

 Follow us @saithospitality

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

Dessert \$6.5

Blueberry Panacotta

Blueberry Compote
Chantilly Cream

Chocolate Pecan Tart

Chantilly Cream
Maple Ice cream

Lemon Grass Crème Brulee

Fresh Berries
Almond Cookie

Coffee or Tea \$2

Espresso, Cappuccino, Mochachino,
Macchiato, Latte, Americano \$3

WELCOME TO OUR CLASSROOM

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:	Kyle Groves
Garde Mangér Chef:	Michael Dekker
Patisserie Chef:	Royce Rodrigues
Supporting Instructor:	Michelle Kennedy
Service Instructor:	Darwin Ens

 Follow us @saithospitality

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