

Kensington's Dinner Menu

Starters

Amaretto Shrimp*

Lightly dusted and Fried, Amaretto, Lime, Candied Walnut dust 13
143 Calories, 4g Fat, 24g Protein, 2g Carbohydrates, 1g Fiber

Black and Blue Beef Tenderloin* (GF)

Pepper Dusted Tenderloin, Charred Black and Blue, with Yuzu Siracha and Wasabi Aioli 16
440 Calories, 74g Fat, 21g Protein, 2g Carbohydrates, 0g Fiber

Tuna Carpaccio* (GF Upon Request)

Wakame Salad, Chili Garlic Sauce, Wasabi, Ginger Soy Vinaigrette, Spicy Tobiko 14
226 Calories, 1g Fat, 30g Protein, 12g Carbohydrates, 1g Fiber

Seared Scallops* (GF)

Baby Arugula, Baby Roasted Peppers, Lardons of Pancetta, Lemon -Truffle Vinaigrette, Shaved Parmesan 16
255 Calories, 11g Fat, 29g Protein, 8g Carbohydrates, 2g Fiber

Southwestern Mussels (GF)

Mussels simmered in White Wine with Grilled Corn and Chorizo; Finished with Cilantro and Grape Tomato 15
684 Calories, 39g Fat, 45g Protein, 34g Carbohydrates, 4g Fiber

Traditional Shrimp Cocktail (GF)

Poached Shrimp, Horseradish and Grand Marnier spiked Cocktail Sauce 14
261 Calories, 3g Fat, 26g Protein, 30g Carbohydrates, 3g Fiber

Classic Caesar Salad (V)

Crisp Romaine, House-made Dressing, Croutons, Shaved Parmesan . 10
443 Calories, 34g Fat, 8g Protein, 25g Carbohydrates, 3g Fiber

Garden Salad (V) (GF Upon Request)

Delicate Greens, Cucumber, Tomato, Sweet Onion, Croutons, and House-made Balsamic Vinaigrette 9
312 Calories, 29g Fat, 3g Protein, 12g Carbohydrates

Mozzarella Caprese (V) (GF)

Hand stretched Buffalo Mozzarella, Heirloom Tomatoes, Extra Virgin Olive Oil, and Balsamic Drops 14
415 Calories, 32g Fat, 25g Protein, 8g Carbohydrates, 1g Fiber

Curry Roasted Cauliflower (V) (GF)

with Harissa Aioli 14
202 Calories, 17g Fat, 5g Protein, 11g Carbohydrates, 4g Fiber

Butcher Block

Assorted Cured Meats, Artisan Cheeses, Pickled Mustard Seed, Cornichons, Norwich Inn Honey, Cherry Pepper Relish and a Warm Baguette
Ask your server for today's selection for 1 16
Calorie counts vary for 2 25

Soups

New England Clam Chowder

Rich, Creamy and Packed with loads of clams and Potatoes. 8
275 Calories, 10g Fat, 8g Protein, 10g Carbohydrates

Tomato Gorgonzola Bisque (V)

Roasted Tomato, Gorgonzola Cheese, Basil & Roasted Garlic Oil. 8
243 Calories, 22g Fat, 6g Protein, 9g Carbohydrates, 2g Fiber

Soup du Jour 8

Ask your server for the Chef's creation
Calorie counts vary

Entrees

Seared Scallop Risotto* (GF)

Arborio Rice, Asparagus, Lemon, Dill and Smoked Salmon 34
488 Calories, 55g Fat, 89g Protein, 43g Carbohydrates, 19g Fiber

Pan Roasted Atlantic Salmon* (GF)

Roasted Fennel and Cauliflower Puree, Pickled Shallots, Beet and Tarragon Reduction. 30
920 Calories, 69g Fat, 48g Protein, 32g Carbohydrates, 11g Fiber

Black Sesame Crusted Tuna* (GF Upon Request)

Cold Soba Noodle Salad, Ponzu, Sriracha Aioli and Spicy Tabiko 32
774 Calories, 34g Fat, 56g Protein, 68g Carbohydrates, 6g Fiber

Little Neck Clams and Angel Hair Pasta (GF) (Pasta available)

Rhode Island Little Neck Clams sautéed with Garlic, Oil, White Wine, Butter and Herbs over Angel Hair Pasta 28
714 Calories, 25g Fat, 28g Protein, 71g Carbohydrates, 2g Fiber

Filet Bleu *

Grilled Filet Mignon, Maytag Bleu Cheese, Pinot Noir Reduction, Roasted Summer Vegetables and Red-Skin Mashed Potatoes 38
1085 Calories, 74g Fat, 52g Protein, 39g Carbohydrates, 4g Fiber

Grilled Delmonico* (GF Upon Request)

Fried Green Tomatoes, Smoked Paprika Vinaigrette and Crispy Pomme Frites 39
935 Calories, 50g Fat, 77g Protein, 45g Carbohydrates, 6g Fiber

Penne a la Vodka (GF Upon Request) (V Upon Request)

Penne Pasta Tossed with Crispy Pancetta, Stewed Tomatoes, Reduced Vodka and a touch of Cream, Pecorino Romano and Parmesan Snowflakes to finis 24
930 Calories, 32g Fat, 48g Protein, 95g Carbohydrates, 4g Fiber

Braised Lamb with Black Mission Figs* (GF)

Port Wine and Fig Braised Lamb, Root Vegetables, Creamy Polenta and Mint Gremolata 38
472 Calories, 12g Fat, 32g Protein, 44 Carbohydrates, 8g Fiber

Shrimp and Chorizo (GF Upon Request)

Open Faced Ravioli with Shrimp, Spicy Spanish Style Sausage, Grilled Corn, Roasted Tomatoes, Lime Juice, Cilantro and Spinach Pasta Sheet . 34
866 Calories, 45g Fat, 35g Protein, 74g Carbohydrates, 2g Fiber

Sweet Rhubarb Chicken (GF)

Buttermilk Roasted, Rhubarb Butter, Collard Greens and Roasted Fingerling Potatoes. 26
1073 Calories, 95g Fat, 34g Protein, 24g Carbohydrates, 6g Fiber

Duck Egg and Wild Mushroom Risotto (V) (GF)

Arborio Rice, Wild Mushrooms, Romano Cheese, Fresh Herbs and a hint of Tomato and Cognac; topped with a Sunny Side Up Duck Egg 25
1569 Calories, 45g Fat, 56g Protein, 176g Carbohydrates, 21g Fiber

Vegetarian Stir Fry (V) (GF Upon Request)

Seasonal Vegetables, Grilled Tofu, Tamari, Mirin Wine, Touch of Sesame and Soba Noodles 25
620 Calories, 7g Fat, 33g Protein, 120 Carbohydrates, 11g Fiber

Chicken and Arugula Pesto * (GF)

Sautéed Chicken Breast tossed with Arugula Pesto, Fire Roasted Tomatoes and Gluten Free Pasta; Garnished with Toasted Pine Nuts and Crumbled Goat Cheese 26
943 Calories, 52g Fat, 43g Protein, 80g Carbohydrates, 8g Fiber

(V) Vegetarian (GF) Gluten Free

* The item marked with an asterisk can be cooked to order.

"Thoroughly cooking meats, seafood, shellfish, or eggs reduces the risk of foodborne illness."

Prices are subject to a 19% service charge and applicable CT State Tax
Gratuity is included in the service charge for your convenience.