

Kensington's Lunch Menu

Amaretto Shrimp

Lightly dusted and fried, amaretto, lime, candied Walnut dust13
143 Calories, 4g Fat, 24g Protein, 2g Carbohydrates, 1g Fiber

Tuna Carpaccio* (GF Upon Request)

Wakame Salad, Chili Garlic Sauce, Wasabi, Ginger Soy Vinaigrette, Spicy Tobiko14
226 Calories, 1g Fat, 30g Protein, 12g Carbohydrates, 1g Fiber

Thai Green Curry Mussels (GF)

Thai Green Curry Spice, Coconut Broth, Crispy Pomme Frites14
950 Calories, 94g Fat, 28g Protein, 68g Carbohydrates, 10g Fiber

Firecracker Calamari

Lightly dusted and fried Calamari, sliced Cherry Peppers, Pickled Onions, Roasted Garlic Aioli and Spicy Yuzu Sauce14
1209 Calories, 105g Fat, 29g Protein, 64g Carbohydrates, 3g Fiber

Traditional Shrimp Cocktail (GF)

Poached Shrimp, Horseradish & Grand Marnier spiked Cocktail Sauce14
261 Calories, 3g Fat, 26g Protein, 30g Carbohydrates, 3g Fiber

New England Clam Chowder

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

Soup du Jour8

Ask our server for the Chef's creation

Grapefruit and Fig Salad (GF) V

Baby Kale, Grapefruit, Figs, Grape Tomato, Shaved Red Onion, Toasted Pepita and Ricotta Salad tossed with a Tarragon and Beet Vinaigrette15
502 Calories, 35g Fat, 7g Protein, 49g Carbohydrates, 7g Fiber

The Pad Thai Salad (GF)

Grilled Shrimp, Mixed Greens, Alfalfa Sprouts, Chopped Egg, Toasted Cashews, Grilled Tofu, Scallion, Baby Bell Peppers, Tamarind Vinaigrette, and Crispy Wontons15
598 Calories, 25g Fat, 44g Protein, 52g Carbohydrates, 7g Fiber

Steakhouse Salad* (GF)

Grilled Hanger Steak, Greek Walnut Salsa, crumbled Feta Cheese, Crisp Romaine Lettuce and Caramelized Shallot Vinaigrette21
616 Calories, 42g Fat, 43g Protein, 20g Carbohydrates, 5g Fiber

Seared Scallop Salad* (GF)

Baby Arugula, Baby Roasted Peppers, Lardons of Pancetta, Lemon-Truffle Vinaigrette, Shaved Parmesan17
255 Calories, 11g Fat, 29g Protein, 8g Carbohydrates, 2g Fiber

The Nutty Salmon* (GF)

Grilled Salmon, Pistacchio-kale Pesto, Brocolini and Toasted Almond-Basmati Rice17
752 Calories, 20g Fat, 50g Protein, 94g Carbohydrates, 4g Fiber

Lobster Slider Rolls

A Trio of Mini Lobster Rolls with Peruvian Potato Salad19
472 Calories, 22g Fat, 26g Protein, 44g Carbohydrates, 4g Fiber

Grilled Cheese and Chorizo

Buttery Sourdough Bread, Chorizo and Manchego Cheese with Tobasco Onion Rings14
1244 Calories, 96g Fat, 62g Protein, 100g Carbohydrates, 10g Fiber

The Hamburger*

½ # Choice Patty, Brioche Bun, Roasted Garlic Mayonnaise, Lettuce, Tomato, Onion, Pickle (Bacon and Cheese Available)15
1024 Calories, 81g Fat, 44g Protein, 32g Carbohydrates, 4g Fiber

The Falafel Wrap V

Chickpea Fritters, Baby Arugula, Pickled Carrots, Tomato and a Tahini-Lime Yogurt Spread14
526 Calories, 14g Fat, 19g Protein, 84 Carbohydrates, 9g Fiber

Kensington's Reuben

Shaved Corned Beef, Swiss Cheese, Apple Slaw and Cottrell Yankee Ale Mustard.15
2106 Calories, 97g Fat, 64g Protein, 289g Carbohydrates, 70g Fiber

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

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

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

Starters

Classic Caesar Salad V

Crisp Romaine, House-made Dressing, Croutons, Shaved Parmesan10
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 Vinaigrette9
312 Calories, 29g Fat, 3g Protein, 12g Carbohydrates

Mozzarella Caprese V (GF)

Hand stretched Buffalo Mozzarella, Vine-Ripened Tomatoes, Extra Virgin Olive Oil, and Balsamic Drops14
415 Calories, 32g Fat, 25g Protein, 8g Carbohydrates, 1g Fiber

Curry Roasted Cauliflower V (GF) with Harissa Yogurt14

202 Calories, 17g Fat, 5g Protein, 11g Carbohydrates, 4g Fiber

Avocado Cakes V (GF)

Pan Fried, with Grilled Corn Salsa, Farmer's Cheese and Extra Virgin Olive Oil.14
453 Calories, 41g Fat, 14g Protein, 23g Carbohydrates, 6g Fiber

Soups

Tomato Gorgonzola Bisque V

Roasted Tomato, Gorgonzola Cheese, Basil & Roasted Garlic Oil8
243 Calories, 22g Fat, 6g Protein, 9g Carbohydrates, 2g Fiber

Entrée Salads

Cobb Salad* (GF)

Mixed Greens, Chopped Egg, Avocado, Bacon, Tomato, Grilled Chicken, Gorgonzola Cheese, House Balsamic Vinaigrette14
1061 Calories, 94g Fat, 43g Protein, 17g Carbohydrates, 5g Fiber

Grilled Vegetable Antipasto (GF) V

Grilled Seasonal Vegetables, Crumbled Goat Cheese, Toasted Pine Nuts, Honey-Balsamic Drizzle14
221 Calories, 12g Fat, 13g Protein, 19g Carbohydrates, 6g Fiber

Tuna Nicoise* (GF)

Chilled Olive Oil Poached Ahi Tuna, Baby Arugula, Haricot Verts, New Potato, Hard Cooked Egg, Roasted Red Pepper, Kalamata Olives, Lemon-Truffle Vinaigrette15
754 Calories, 59g Fat, 35g Protein, 24g Carbohydrates, 5g Fiber

Lobster Salad

Spinach Fettuccine, Frisee, Lemon Zest, Chive Aioli19
583 Calories, 13g Fat, 33g Protein, 91g Carbohydrates, 5g Fiber

Sandwiches and More...

Baja Fish Tacos*

Grilled Ahi Tuna, Sweet Shredded Cabbage, White Bean Puree, Avocado, Cilantro and Tomato Fresca.16
524 Calories, 15g Fat, 38g Protein, 58g Carbohydrates, 7g Fiber

Baja Steak Tacos

Sofrito Braised Beef, Sweet Shredded Cabbage, White Bean Puree, Avocado, Cilantro and Tomato Fresca16
584 Calories, 25g Fat, 30g Protein, 61g Carbohydrates, 8g Fiber

The Following Sandwiches are Served with Your Choice Of:

Tabbouleh, Asian Cucumber Salad, Sweet Potato Fries, Seasoned Fries, or Fresh Fruit

The Spa Chicken Wrap*

Grilled Marinated Chicken Breast, Roasted Pepper Aioli, Avocado, Tomato, and Alfalfa Sprouts on a Whole Wheat Wrap16
639 Calories, 30g Fat, 41g Protein, 54g Carbohydrates, 6g Fiber

DLT Sandwich

Smoked Duck Breast, Lettuce, Tomato, Raspberry Mayonnaise, on Marble Rye15
665 Calories, 51g Fat, 17g Protein, 38g Carbohydrates, 7g Fiber

Waldorf Chicken Sandwich

Pulled Chicken, Apples, Celery, Grapes, and Mayonnaise on Wheat Bread14
389 Calories, 23g Fat, 18g Protein, 28g Carbohydrates, 3g Fiber

Crispy Fried Eggplant Pita V

Fried Eggplant, Roasted Pepper Hummus, Vine Ripe Tomato, Baby Arugula, Harissa Yogurt and Pita15
786 Calories, 18g Fat, 19g Protein, 84g Carbohydrates, 9g Fiber

Gluten Free (GF)

Vegetarian V