

# Kensington's Dinner Menu

## Starters

### Amaretto Shrimp\*<sup>GF</sup>

Dusted and lightly Fried, Amaretto, Lime, Candied Walnut Dust . . . 14  
834 Calories, 82g Fat, 24g Protein, 15g Carbohydrates, <1g Fiber

### Burrata Stack<sup>GF</sup>

Baby Burrata, Grilled marinated Eggplant, Roasted Red Pepper, Basil, Speck Ham, Grape Must, Extra Virgin Olive Oil, Coarse Sea Salt & Cracked Black Pepper . . . . . 16  
462 Calories, 44g Fat, 12g Protein, 10g Carbohydrates, 4g Fiber

### Grilled Calamari\*

Grilled Calamari, Tuscan White Beans, Speck Ham, Roasted Garlic, Roasted Tomato, Herbs, Baguette and Saffron Rouille. . . . . 14  
727 Calories, 31g Fat, 34g Protein, 82g Carbohydrates, 7g Fiber

### Mozzarella Caprese\*<sup>V GF</sup>

Fresh Mozzarella, Vine-ripened Tomato, Extra Virgin Olive Oil, Fresh Basil and drops of Balsamic Reduction . . . . . 14  
458 Calories, 37g Fat, 20g Protein, 10g Carbohydrates, 1g Fiber

### Classic Caesar Salad<sup>V</sup>

Crisp Romaine, Traditional Dressing, Croutons, Shaved Parmesan. . . . . 10  
580 Calories, 30g Fat, 20g Protein, 54g Carbohydrates, 5g Fiber

### Garden Salad<sup>V GF</sup> (Upon Request)

Delicate Greens, Cucumber, Tomato, Sweet Onion, Croutons, and House Balsamic Vinaigrette . . . . . 10  
266 Calories, 4g Fat, 7g Protein, 30g Carbohydrates, 4g Fiber

### Skillet Bruschetta\*

Toasty Bread, White Bean Hummus, Grilled Merguez Sausage, Sautéed Kale, Shaved Parmesan and White Truffle Drizzle . . . . . 14  
927 Calories, 49g Fat, 44g Protein, 79g Carbohydrates, 10g Fiber

### Pumpkin Gnocchi<sup>V</sup>

Norwich Inn & Spa Honey, Grand Marnier, Toasted Pignoli Nuts, Stilton Cheese and Roasted Butternut Squash . . . . . 14  
427 Calories, 23g Fat, 13g Protein, 41g Carbohydrates, 7g Fiber

## Soups

### New England Clam Chowder

Creamy and Packed with Seafood and Potatoes . . . . . 8  
720 Calories, 22g Fat, 7g Protein, 20g Carbohydrates, 5g Fiber

### Soup du Jour . . . . . 8

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

## Entrees

### Crispy Sesame Tuna\*<sup>GF</sup>

A Black Garlic, Baby Bok Choy, Enoki Mushroom and Scallion Stir-Fry and Wasabi Mashed Potatoes . . . . . 35  
430 Calories, 4g Fat, 75g Protein, 24g Carbohydrates, 6g Fiber  
*Suggested Wine Pairing: Sofia Riesling, Monterey County 38*

### Norwich Inn & Spa Salmon\*<sup>GF</sup>

Orange and Fennel Dusted Atlantic Salmon, Norwich Inn Honey Glaze, Asparagus and Okinawan Sweet Potato Hash. . . . . 28  
1484 Calories, 104g Fat, 48g Protein, 98g Carbohydrates, 6g Fiber  
*Suggested Wine Pairing: Paul D Gruner Veltliner, Austria, 1L 36*

### Scallops Madison\*

Jumbo Seared Scallops, Blue Crab- Potato Knish, Spinach, Smoked Tomato Coulis, Scallion Oil and Bonita Flakes. . . . . 38  
579 Calories, 26g Fat, 55g Protein, 31g Carbohydrates, 4g Fiber  
*Suggested Wine Pairing: Martin Codax Albarino, DO Rias Baixas, Spain 32*

### Southwest Shrimp and Mussels\*<sup>GF</sup>

Jumbo Shrimp, Prince Edward Island Mussels, Chorizo, Roasted Butternut Squash, Roasted Tomatoes, Cilantro, Lime and Roasted Okinawan Sweet Potatoes. . . . . 34  
1444 Calories, 109g Fat, 56g Protein, 64g Carbohydrates, 8g Fiber  
*Suggested Wine Pairing: Sterling Sauvignon Blanc, North Coast 42*

### Smoky Filet Blue\*<sup>GF</sup>

Grilled Filet Mignon, Wisconsin Smoked Blue Cheese, Pinot Noir Reduction, Roasted Garlic Mashed Potatoes and Norwich Inn Honey-Roasted Butternut Squash Puree . . . . . 40  
1408 Calories, 112g Fat, 62g Protein, 35g Carbohydrates, 2g Fiber  
*Suggested Wine Pairing: Groth Cabernet Sauvignon, Napa Valley 150*

### Teriyaki Strip Loin\*

12 oz. New York Strip, Teriyaki Glaze, Wasabi Mashed Potatoes and Sautéed Baby Bok Choy . . . . . 36  
1117 Calories, 62g Fat, 79g Protein, 56g Carbohydrates, 4g Fiber  
*Suggested Wine Pairing: 2006 Domaine Faiveley Clos de Myglands Burgundy Premier Cru 85*

### Kensington's Chicken

Pan-fried Buttermilk Chicken Breast, Norwich Inn Honey Bourbon Glaze, Asparagus and Okinawan Sweet Potato Hash . . . . . 26  
1112 Calories, 43g Fat, 88g Protein, 97g Carbohydrates, 6g Fiber  
*Suggested Wine Pairing: Minuty Rosé, Cotes du Provence, France 56*

### Lamb Bolognese

Rich, Slow-Stewed Lamb and San Marzano Tomato Ragout Tossed with Fresh Rigatoni, Pecorino Romano Cheese and Fresh Herbs. Fresh Mozzarella and Nutmeg Sprinkle to Finish. . . . . 26  
1595 Calories, 73g Fat, 90g Protein, 92g Carbohydrates, 6g Fiber  
*Suggested Wine Pairing: Renieri Brunello di Montalcino, Toscana, Italy 90*

### Lobster and Butternut Squash Risotto<sup>GF</sup>

Arborio Rice, Lobster Meat, Roasted Butternut Squash, Roasted Tomato, Tarragon Butter and Sheep's Milk Cheese . . . . . 38  
1673 Calories, 116g Fat, 36g Protein, 117g Carbohydrates, 6g Fiber  
*Suggested Wine Pairing: Castello di Albola Chianti Classico, Italy 40*

### The Roasted Vegan<sup>V GF</sup>

Roasted Vegetables (Butternut Squash, Eggplant, Cauliflower, Carrot) Tossed with Gluten Free Pasta, Black Garlic, Extra Virgin Olive Oil, Sun-dried Cranberries and Fresh Herbs. Garnished with Toasted Cashew and an Aged Balsamic Reduction. . . . . 26  
448 Calories, 27g Fat, 17g Protein, 46g Carbohydrates, 9g Fiber  
*Suggested Wine Pairing: Jonathan Edwards Winery Cabernet Franc, North Stonington CT 42*

### Crispy Sesame Tofu<sup>V GF</sup>

A Black Garlic, Baby Bok Choy, Enoki Mushroom and Scallion Stir-Fry and Wasabi Mashed Potatoes . . . . . 25  
100 Calories, <1g Fat, 8g Protein, 19g Carbohydrates, 7g Fiber  
*Suggested Wine Pairing: Navarro Vineyards Gewurztraminer, Anderson Valley 44*

<sup>V</sup> Vegetarian

<sup>GF</sup> 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 20% service charge and applicable CT State Tax. Gratuity is included in the service charge for your convenience.