

Kensington's Dinner Menu

Starters

Amaretto Shrimp* ^{GF}

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

Sweet & Spicy Tuna Pate

Olive Oil Poached Tuna Pate, Sweet Chili and Sriracha Aioli. Chive,
Wonton Crisp and Tobiko 16
365 Calories, 23g Fat, 27g Protein, 9g Carbohydrates, <1g 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* ^V ^{GF}

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 ^V

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

Garden Salad ^V (^{GF} 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 ^V

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* ^{GF}

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

Norwich Inn & Spa Salmon* ^{GF}

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

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

Southwest Shrimp and Mussels* ^{GF}

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

Smoky Filet Blue* ^{GF}

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

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

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

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

Lobster and Butternut Squash Risotto ^{GF}

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

The Roasted Vegan ^V ^{GF}

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

Crispy Sesame Tofu ^V ^{GF}

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

^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.
Gratuuity is included in the service charge for your convenience.