

# Kensington's Lunch 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

**Braised Barbacoa**  
Fresh Horseradish-Hominy Puree, Green Salsa Fresca . . . . . **13**  
517 Calories, 17g Fat, 20g Protein, 22g Carbohydrates, 6g Fiber

**Smoky Mussels with Pomme Frites** (GF)  
Prince Edward Island Mussels simmered in a Smoked Tomato and Roasted Fennel Broth; Garnished with Crispy Shoe-string Potatoes. . . . . **14**  
500 Calories, 18g Fat, 48g Protein, 41g Carbohydrates, 12g Fiber

**Firecracker Calamari**  
Lightly dusted and fried Calamari, sliced Cherry Peppers, Cocktail Onions, Charred Tomato Salsa. . . . . **13**  
801 Calories, 67g Fat, 13g Protein, 34g Carbohydrates, 4g 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

**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

**Falafel Cakes** V  
Middle Eastern spiced chick pea cakes, Mango Chutney, Tahini-lime Yogurt, Baby Arugula. . . . . **12**  
157 Calories, <1g Fat, 4g Protein, 36g Carbohydrates, <1g 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**  
Ask your server for the Chef's creation . . . . . **8**

## Entrée Salads

**Strawberry Cucumber Salad** (GF) V  
Strawberries, Cucumbers, Sweet Baby Kale, Argon Oil, Lemony Crème Fraîche, Candied Walnuts . . . . . **15**  
602 Calories, 53g Fat, 11g Protein, 22g Carbohydrates, 7g Fiber

**Salmon-Crabby Patty Salad**  
Wild Caught Salmon and Blue Crab Cake, House Greens tossed with a creamy Yuzu Vinaigrette, Mango, Avocado, Roasted Tomato and Pickled Sweet Onion . . . . . **14**  
794 Calories, 33g Fat, 39g Protein, 86g Carbohydrates, 9g Fiber

**Three Bean Shrimp Salad** (GF)  
Grilled Shrimp, House Greens, Edamame, Black Beans, Garbanzo Beans, Pickled Onions, Marinated Tofu, Honey-Ginger Vinaigrette and a Toasted Peanut Crumble . . . . . **16**  
461 Calories, 26g Fat, 34g Protein, 36g Carbohydrates, 6g Fiber

**Scallop BLT Salad\*** (GF) Upon Request )  
Seared Scallops, Baby Spinach, Chickory, Roasted Tomato, Boiled New Potatoes, Warm Bacon-Zinfandel Vinaigrette & Crispy Fried Onions. . . . . **18**  
765 Calories, 11g Fat, 31g Protein, 32g Carbohydrates, 6g Fiber

**Curry Roasted Vegetable Antipasto** (GF) V  
Curry Roasted Cauliflower, Eggplant, Baby Carrot and Patty Pans with a Tandoori Spiced Dressing, Crumbled Goat Cheese and Toasted Pine Nuts. . . **15**  
572 Calories, 41g Fat, 13g Protein, 40g Carbohydrates, 12g Fiber

**The Dream Bowl** (GF) V  
Quinoa and Basmati Rice, Savoy Cabbage tossed with Poppy Seed Vinaigrette, Quick Pickled Grapes, Chick Peas, Edamame, Tomatillos, Raspberry Onions and Toasted Buckwheat . . . . . **16**  
854 Calories, 38g Fat, 26g Protein, 112g Carbohydrates, 21g Fiber

## Sandwiches and Such...

**New England Haddock**  
Baked in Wine, Fresh Herbs & Lobster Butter; Finished with Buttery Crumb Topping and Sautéed Asparagus . . . . . **17**  
752 Calories, 20g Fat, 50g Protein, 94g Carbohydrates, 4g Fiber

**Crispy Sesame Tuna\***  
With a Sweet Chili Garlic Sauce, Sticky Rice, Baby Bok Choy and Enoki Mushrooms. . . . . **17**  
430 Calories, 4g Fat, 75g Protein, 24g Carbohydrates, 6g Fiber

**Pub Steak\***  
Herb Marinated Flat Iron Steak (8 oz.), Garlicky Texas Toast, House-made Steak Sauce and Parmesan Truffle Fries. . . . . **18**  
845 Calories, 49g Fat, 51g Protein, 43g Carbohydrates, 3g Fiber

**The Following Sandwiches are Served with Your Choice Of:**  
Tabbouleh, Sweet Potato Fries, Seasoned Fries, Fresh Fruit or Cottage Cheese

**Black and Bleu Burger \***  
Blackened 10 oz. Choice Patty, NY Style Hard Roll, Smoked Bleu Cheese Aioli, Lettuce, Tomato and a Pickle  
(Bacon and Cheese Available) . . . . . **15**  
907 Calories, 74g Fat, 48g Protein, 9g Carbohydrates, 3g Fiber

**The Turkey Burger\***  
Grilled Turkey Patty, NY Style Hard Roll, Carolina BBQ, Cranberry-Mango Relish and Fried Onions. . . . . **14**  
506 Calories, 27g Fat, 33g Protein, 40g Carbohydrates, 2g Fiber

**Caprese Sandwich** V  
Fresh Mozzarella, Tomato, Arugula, Basil Pesto, Roasted Red Pepper Hummus and Extra Virgin Olive Oil on House-made Focaccia . . . . . **15**  
744 Calories, 23g Fat, 32g Protein, 11g Carbohydrates, 4g Fiber

**The Raspberry Chicken Wrap\***  
Grilled Chicken, Spinach, Tomato, Avocado, Raspberry Pickled Onion, Green Chili Yuzu Aioli in a Whole Wheat Wrap. . . . . **14**  
425 Calories, 9g Fat, 35g Protein, 48g Carbohydrates, 3g Fiber

**The All-American Steak Wrap**  
Shaved Prime Rib, Roasted Red Peppers, Horseradish Cheddar Cheese, Crispy Fried Onions and House-made Steak Sauce Wrapped in a Tomato-Basil Tortilla, . . . . . **15**  
1215 Calories, 71g Fat, 60g Protein, 79g Carbohydrates, 4g Fiber

**Waldorf Chicken Sandwich**  
Pulled Chicken, Apples, Celery, Grapes, and Mayonnaise on Wheat Bread . . . . . **15**  
389 Calories, 23g Fat, 18g Protein, 28g Carbohydrates, 3g Fiber



Vegetarian



Gluten Free

Prices are subject to a 20% 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."