

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

V Vegetarian

(GF) Gluten Free

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."