

FOOD FOR THOUGHT CAFE'

301 N. 40th Ave. East, Duluth, MN

218-336-8845, Extension 4055

Fall 2019 Newsletter

Dear Friends,

The Food for Thought Cafe (*Duluth's only student operated restaurant*), will be re-opening for Spring Semester on Tuesday, March 10th. We are located at East High School on 40th Ave. East and Superior Street. Parking is available in the main lot or at the curb outside of the entrance. (The No Parking signs *do not apply* during restaurant hours.) Enter through the door with the red awning to the right of the main entrance.

We will be seating by 11:45 AM, however, we ask that guests arrive between 11:30-11:40 AM. We continue to serve on a pre-order basis. So, simply call our reservation line up until 24 hours in advance at 218-336-8845, Ext. 4055. We are not able to take reservations or change orders the same day of your reservation, so please be sure that all details are taken care of 24 hours in advance as your order becomes the student's lesson plan for the following day. We accept cash and/or checks. (We are unable to accept credit cards at this time.)

Ordering instructions: leave a message with the following information, in this order.

- Day and date
- Name on the reservation
- Number of people
- Phone number for reservation confirmation
- Meal/food choices from *Daily and Weekly Specials Menu* (below)
- Remember to include: *any special requests, dietary needs, how you would like your steak done, etc.*
- *You will receive a confirmation call on your reservation. If you have not received a call back by the morning of your reservation, please call us to make sure we have your reservation.*

Your table service and culinary preparations are provided by 9th - 12th grade students. We are very proud of our students and their achievements. Chef Glenn D'Amour CEC will be teaching front and back of the house, assisted by Galen Maxim and Tristin Paige. Tell your friends about your WONDERFUL experience and follow us on our Instagram Page @food_for_thought_cafe!

Thank You Very Much!

Glenn D'Amour CEC Culinary Arts Instructor, Galen Maxim Tech Tutor/ Instructor, and Tristin Paige Dining Room

Tech Tutor/Instructor.

Glenn D'Amour, Galen Maxim, Tristin Paige

SALADS AND SANDWICHES

Sandwiches are served with coleslaw, hand breaded onion rings, and, a pickle.

Our salads are served with homemade Focaccia bread, extra virgin olive oil, and herb butter. All of our dressings are homemade.

CHICKEN TAHINI

\$10.00

Grilled Chicken Breast, Roma tomatoes, green onions, sweet peppers, cashews, cucumbers and radish tossed with Tahini dressing over romaine and spring mix.

TEXAS COWBOY BURGER*

\$9.00

The *best* ground chuck out there - grilled medium and topped with shredded lettuce, tomato, aged cheddar, Old Smokehouse bacon, caramelized onion, and smoky mayo. Impossible burger may be available?

KOREAN KIMCHI CHICKEN BURGER

\$9.00

Grilled Chicken Breast topped with a Kimchi Slaw and Gochujang Sauce and served on a sesame bun and with onion rings and a pickle. Can also be made with a vegetarian garden burger.

ENTREES

Entrées and Weekly Specials are served with homemade soup or dinner salad, student made scratch bread (Focaccia) with herb butter and extra virgin olive oil, and a beverage.

GRILLED USDA PRIME NEW YORK TUSCANY STYLE*

\$16.00

USDA prime New York grilled with fresh rosemary, sage, garlic, and coarse salt and pepper. Served with garlic herb mashed potatoes and an array of fresh sautéed vegetables.

GRILLED SALMON BAJA STYLE*

\$13.00

Dave Rogotzke's Alaskan Salmon char-grilled and topped with citrus butter, fruit salsa, served with an array of fresh sautéed vegetables, and our signature wild rice.

REEL CANADIAN WALLEYE (GET IT?)

\$13.00

Fresh water walleye fried shore style and served with lemon almond cream, accompanied by our signature wild rice, tartar sauce, and an array of fresh sautéed vegetables.

PENNE CON POLLO PESTO

\$13.00

Pulled roast chicken, sautéed with wild mushrooms, oven dried tomatoes, pine nuts, in a fresh basil pesto, tossed with penne pasta, dusted with parmigiana.

WEEKLY FEATURES

MARCH 10, 11, 12 COQUILLES AU SAFFRON EN CROUTE \$17.00

Pan Seared Scallops in a mushroom Mornay/shrimp sauce nestled in a flaky puff pastry, with herb risotto and fresh sautéed vegetables.

MARCH 17, 18, 19 CORNED BEEF AND CABBAGE \$13.00

Corned Beef baked with brown sugar, mustard and honey, braised with cabbage, potatoes, and carrots in broth.

MARCH 24, 25, 26 BEEF WELLINGTON* \$17.00

The finest cut of Beef Tenderloin crusted with wild mushroom duxelle and prosciutto, baked in a golden puff pastry -- served with a demi-glace, and accompanied by herb mashed root and a fresh vegetable medley.

MARCH 31, APRIL 1, 2 TUSCAN ROAST LEG OF LAMB* \$14.00

This recipe was brought back by Chef D'Amour when he was a young lad learning in Italy! Lamb seasoned with fresh rosemary and garlic, chargrilled, and slow roasted medium rare -- served with Saffron Risotto.

APRIL 21, 22, 23 DUCK BREAST ALA'ORANGE* \$14.00

Tender Duck Breast wrapped in bacon, chargrilled, and baked with a classical Orange Bigarade sauce -- served with our signature wild rice and fresh sautéed vegetables. Served medium-rare to medium unless well done is requested.

APRIL 28, 29, 30 FRENCH CRUSTED RACK OF PORK \$13.00

Lightly pan Smoked Rack of Pork seasoned with traditional French herb paste, slow roasted, and served with whipped garden roots and fresh sautéed vegetables.

MAY 5, 6, 7 (CINCO DE MAYO) OAXACAN CHICKEN ENCHILADA \$13.00

An authentic Chicken Enchilada from Oaxaca Mexico with a green Tomatillo Herb Mole' (mol-ay) served with black beans and saffron rice.

MAY 12, 13, 14 BARBECUE RIBS TEXAS STYLE \$14.00

Tender half rack of St Louis style ribs smoked and basted in zesty homemade Chipotle Barbecue sauce -- served with coleslaw and fresh corn on the cob.

*** IF SERVED RAW OR UNDERCOOKED (MEDIUM RARE) THESE FOODS POSE A HIGHER RISK FOR FOOD BORNE ILLNESS**

SIDE ORDERS

ALL SIDE ORDERS

\$3.00

STUDENT MADE CUP OF SOUP

Our soups are made fresh from scratch daily using ingredients from the student lesson plans so there is never any waste of food.

STUDENT MADE CUP OF CHILI

Have a bowl of our award-winning Chili with ground peanuts and Mexican chocolate -- similar to how mole' is made.

DINNER SALAD

Our salads are made with a lettuce variety, an array of vegetables, and cheese. Our dressings are all student made.

HAND BREADED ONION RINGS

Delicious homemade onion rings breaded daily.

BEVERAGES

\$2.00

Coffee – regular and de-caffeinated

Hot Tea w/lemon

Arnold Palmer Iced Tea (half iced tea/half lemonade)

Pepsi, Diet Pepsi, Sierra Mist, Root Beer

DESSERTS

\$3.00

We offer a selection of delicious homemade desserts that change weekly.

Ask your server to see our dessert tray. Challenge your server to properly describe them!

From Chef: I'd like to take this time to thank everyone for supporting our culinary program and for choosing Food For Thought Cafe for your meal. Your patronage makes it possible for our students to hone their craft and find rewarding jobs in our community. Our students go on to some of the top culinary schools in the world as well as the finest restaurants in our area. (And, one Taco Joint 😊) All of you have made this possible. So again, thank you very much! And . . . tell your friends!

Chef D'Amour CEC