

# FLUID

bar & grill

*our home, your place to be*



## *3 Courses*

**PICK AN APPETIZER, ENTREE & DESSERT**  
**\$45**

### *Appies*

#### **TUNA BON BONS**

citrus marinated albacore, chili, mango, and fresh herbs wrapped in avocado, served with mango sauce, and citrus soy drizzle

#### **ROASTED BEET & PEAR SALAD**

roasted beets, hummus, fried chick peas, pear and goats cheese, toasted french baguette and herb infused extra virgin olive oil

#### **THREE CHEESE POLENTA FRIES**

the cheesiest polenta known to man kind, served with house made roasted red pepper cream cheese dip

### *Mains*

#### **ROASTED RACK OF NEW ZEALAND LAMB**

high pressure marinated, med-rare, baba ganoush, tabouleh and crispy fingerling potatoes

#### **DECONSTRUCTED BEEF WELLINGTON**

AAA beef tenderloin, roasted wild mushrooms, confit garlic creamy mash, puff pastry, grilled asparagus and plump cherry tomatoes

#### **FLUIDS CIOPPINO**

prawns, scallops, mussels, clams, cod, a seafood stew cooked in tomato broth with fennel, peppers, onions and a ton of fresh herbs served with grilled bread

#### **CHICKEN SALTIMBOCCA**

chicken wrapped in pruscutto, roasted garlic, steeped cream, caramelized onions & asiago topped with arugula salad

### *Sweets*

#### **TRIPLE CHOCOLATE PECAN TORTE**

slow baked, finished with a sticky filling and topped with whipped cream

#### **DOUBLE STACKED STRAWBERRY SHORTCAKE**

sponge cake, layered with macerated strawberries and fresh whipped cream