

Spring Menu
Fine Dining Solutions
The Epicurean Solution to DC Metro Chef Services
Phone: 703-869-1242
Fax: 703-997-7372
Website: www.finediningsolutions.com

Soup

Spring Veggie Minestrone
with Deconstructed Pesto & Garlic
Sourdough Croutons

Mister Asparagus Bisque
with Lemon Zest Crème Fraiche Garnish

Watercress Soup Garnished
with Tarragon Marinated English
Radishes

Minted Pea Soup Dusted
with Fried Pappadam Chips

Tomato-Basil Soup
with Fresh Mozzarella & Extra Virgin
Olive Oil Garnish

Spring Veggie Soup
with Ditalini & Chive Oil

Latin Spiced Chicken-Orzo Soup
with Pico de Gallo Garnish

Fava Bean Soup Topped
with Potato-Parmesan Gnocchi Garnish

Beef & Veal

Seared Beef Filet
with Pancetta-Green Beans & Twice
Baked Tomatoes with Shallot Onion
Rings & Rosemary Jus

Six spice Braised Beef Short Ribs
over Wilted Spinach, Cumin Mashed
Potatoes & Braising Reduction

Duo of Braised Veal Cheek &
Tenderloin
with Fava Bean Fricassee, Garlic
Mashed Potatoes & Herb Pan Sauce

Carbonnade of Veal
with Ragout of Fava Beans, Carrots &
Pearl Onions with Reduction

Pan Seared Veal Chops
with Tomato & Rosemary Infused Orzo
& Lemon Vinaigrette

Salad

Hearts of Palm & Mister Asparagus
Salad
with Garlicky-Lemon Vinaigrette

Southwestern Salad over Romaine
with Chipotle-Lime Emulsion

Prosciutto Wrapped Asparagus Salad
with Cantaloupe Vinaigrette

Farmers Market Special
(Based on Market Availability)

Warm BLT Salad
with Herb Sourdough Croutons

Lamb

Confit Lamb Loin
with Marinated Olives, Artichokes,
Peppers & Garlic Vinaigrette over
Mache

Garlic Marinated & Grilled Boneless
Leg of Lamb
over Tabbouleh with Arugula & Parsley-
Lemon Vinaigrette

Indian Spiced Lamb Chops
with Pea & Carrot Minted Couscous,
Fried Pappadam & Curried Spinach

Roasted Half Rack
with Dijon-Herb Crust, Roasted
Rosemary-Garlic Fingerlings, Asparagus
Bundles & Herb Pan Sauce

Braised Shanks de Provence
over Bay Leaf Scented White Bean
Purée & Mirepoix Garnish

Appetizer

Maryland Style Crab Cakes
with Red Pepper-Corn Salsa & "Old
Bay" Beurre Blanc

Grilled Fresh Corn Parmesan Polenta
Squares
with Tomato-Basil Garnish

Asian Inspired Duck Confit Spring Rolls
with Pineapple-Mango Dipping Sauce

Spring Veggie & Parmesan Risotto
with Parmesan Crisp Tuille Garnish

Rice Paper & Basil Wrapped Tuna Bites
atop Black & White Sesame Seed-
Cabbage Slaw

Spicy Mahi Mahi Ceviche
with Pineapple-Coconut Salsa

Roasted Yellow Pepper & Asiago
Brushetta

Pork

Boneless Butterflied Chop
with Edamame-Succotash Sauté,
Butternut Squash Dumplings & Sage
Reduction

Mexican Rubbed & Grilled Pork
Tenderloin
with Cumin Black Beans, Fresh Corn
Tamales & Avocado Salsa

Herb Crusted Pork Chop
with Zucchini, Tomato & Bacon Sauté,
Potato Moussilline & Herb Pan Sauce

Hawaiian Style Braised Boneless Pork
Ribs
over Pineapple-Cabbage Slaw & White
Short Grain Rice

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Poultry

Herb & Sourdough Crusted Chicken Breast
with Roasted Vine Tomatoes, Green Beans & Shallot Vinaigrette

Oven Focaccia Chicken Sandwich
with Fresh Pesto & Sun Dried Tomato Aioli

Roasted Guinea Hen Stuffed
with Asparagus & Morels

Oven Roasted Chicken Parmesan
over Tomato-Mozzarella Lasagne

Herb Crusted Chicken Breast
over Sugar Snap, Snow Pea & Garroxta Ash Goat Cheese

BBQ Grilled Quail Sweet Potato Sticks
with Sweet Potato Sticks & Cilantro Dressing

Pasta

Minted Spring Pea Ravioli
with Curry Oil

Orecchiette
with Asparagus, Mascarpone & Toasted Hazelnuts

Crab Stuffed Tortellini in Fresh Corn Bisque
with Leek Fondue

Roasted Spring Vegetable Lasagne
with Fresh Pesto & Toasted Pine Nuts

Lasagne
with Spring Leeks, Spicy Italian Sausage & Pink Sauce

Yukon Gold Potato Parmesan Gnocchi
with Watercress & Pine Nuts

Spring Vegetable "Primavera" Risotto

Seafood

Seared Sesame Crusted Halibut
over Scallion-Mashed Potatoes, Bok Choy & Sweet Mirin Beurre
Blanc

Seared Artic Char
atop Zucchini-Yellow Squash "Spagetti" Sauté & Tomato-Basil
Relish

Rolled Rosette of Salmon
with Miso Glazed Asparagus, Sweet Sticky Rice & Hot Mustard
Glaze

Crab Stuffed Dover Sole, Green Bean & Tomato Salad
with Green Bean-Tomato Salad & Warm Bacon Vinaigrette

Herb Crusted Tilapia
topped with Fava Bean & Onion Fricassee

Gremolata "Aromatic" Tuna
with Green Beans, Tomato, Potato, Cocotte & Caper Compote

Baked Halibut
alongside Roasted Spaghetti Squash with Tomatoes & Onions,
Sprout-Mache

Seared Rockfish alongside Baked Polenta Squares
alongside Baked Polenta Squares with Salsa Verde & Roasted Red
Pepper-Balsamic Reduction

Seared Scallops
atop Basil-Corn Risotto with Grilled Asparagus & Toasted
Hazelnut Vinaigrette

Vegetarian

Edamame Succotash
with Vine Roasted Tomatoes

Mushroom Filo Sauté
atop Sautéed Spaghetti Squash with Red Curry Reduction with Tomatoes & Onions

"Fresh" Pad Thai
with Broccoli, Cherry Tomatoes, Cucumbers & Lime Wedges

Asian Spicy Roasted Broccoli & Sugar Snap Peas
atop Sesame-Soba Noodles

Sweet Potato & Cashew Korma
over Coconut Basmati

Catalan Roasted Veggies
with Fresh Spinach Orecchiette

Seven Grain & Black Bean Pilaf

Dessert

Lemon-Poppyseed Pound Cake
with Cardamom-Strawberry Compote

Root Beer Float Cupcakes
with Vanilla Bean Frosting

Lemon Ice Cream Cake
with Lemon Curd Topping

Fresh Fruit
with Minted-Marshmallow Sauce

Chocolate Molten Cakes
with Vanilla Crème Anglaise & Raspberry Sauce

Bittersweet Chocolate Waffles
with Fresh Strawberries

Fruit & Vanilla Crème Patisserie Tart

Peach & Toasted Almond Tart

Cherry Turnovers

Frozen Treats

Green Tea Ice Cream

Strawberry 'n Cream Cheese Ice Cream

Mango Sorbet

Coffee Granita

Raspberry Sorbet

Mango, Blueberry & Passion Fruit Sorbet Terrine

Rhubarb Frozen Yogurt

Fine Dining Solutions is licensed, insured, food safety management certified.

Chef Shanna Follansbee member in good standing of the Women Chefs' & Restaurateurs' (WCR – www.womenchefs.org), the American Personal Chef Association (APCA – www.personalchef.com) as well as a member of the APCA Mid-Atlantic Chapter and a volunteer local exchange coordinator for WCR. Chef Shanna teaches cooking classes at several locations including the beautiful HADCO (www.hadco.net) kitchen (Dulles, VA) for The Cooking Experience (www.cookingexperience.com), Sur La Table (www.surlatable.com) Pentagon City and the culinary school L'Academie de Cuisine (www.lacademie.com) in Bethesda and Gaithersburg, MD.

All pictures on this site are actual dishes Chef Shanna Follansbee has prepared for clients.

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