

Summer Menu  
Fine Dining Solutions  
The Epicurean Solution to DC Metro Chef Services  
Phone: 703-869-1242  
Fax: 703-997-7372  
Website: [www.finediningsolutions.com](http://www.finediningsolutions.com)

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### Soup

Summer Minestrone  
*with Pesto Garnish & Garlic  
Toasted Croutons*

"Golden" Heirloom Gazpacho  
*with Cilantro Oil*

Summer Corn Chowder  
*with Prosciutto & Basil*

Chilled Avocado Soup  
*with Lime-Crème Fraiche Garnish*

Tom Ka Gai  
*with Frizzled Galanga Slices*

Spicy Black Bean  
*with Guacamole & Cumin Chips  
Garnish*

### Salad

"Confetti" Gazpacho Salad  
*with Spicy Tomato Vinaigrette*

Farmer's Market Heirloom Tomato  
Salad

Jicama, Mango & Shrimp Salad  
*with OJ-Cilantro Reduction*

Orange & Yellow Heirloom Carrot  
Salad  
*over Mache with Lemon Vinaigrette  
& Herb-Buttermilk Dressing*

Yellow & Gold Beet Carpaccio  
*with Herb Goat Cheese Moussilline*

### Appetizers

Duck "Larb Kai"  
*with Peaches, Mint & Butter Lettuce*

"Picnic Style" Stuffed Mini  
Baguettes  
*with Tapenade, Roasted Red  
Peppers, Basil, Arugula, Italian  
Hams & Cheeses*

Grilled Summer Veggie Empanadas  
*with Arugula Pesto Garnish*

Spicy Indian Shrimp  
*Cool Cucumber-Watercress  
Dipping Sauce*

Tomato-Basil "Soufflé" Tart

### Beef & Veal

Chimicurri Hanger Steak  
*with Fresh Corn Tamales, Tomato  
& Tomatillo Salsa & Cumin Spiced  
Avocado Garnish*

Veal Scallop Sauté  
*with Tomato & Rosemary Infused  
Orzo, Wilted Watercress & Lemon-  
Caper Vinaigrette*

Grilled Beef Sirloin  
*with Grilled Peaches, Peppers,  
Onions & Romaine drizzled with  
Sweet Citrus Glaze*

Grilled Veal Chops  
*with Tarragon Pesto Mashed  
Potatoes*

### Poultry

Thai Green Curry-Basil Chicken  
*over Coconut Basmati, Sugar Snap  
Peas & Basil-Curry Reduction*

Grilled Orange-Basil Chipotle  
Chicken *with Grilled Sweet Potato  
Wedges*

California Chicken Salad  
*with Jicama, Avocado, Grilled  
Peppers & Cactus*

Seared Duck Breast over Herb-Evo  
Orzo *with Fresh Grapefruit &  
Avocado Segments*

Turkey Breast Roulade  
*with Green Chiles & Feta with  
Oregano-Infused Long Grain  
Brown Rice & Corn-Bell Pepper  
Salsa*

### Lamb

Mint & Garlic Marinated & Grilled  
Lamb Double Chops  
*with White & Green Asparagus &  
Tomato-Basil Vinaigrette*

Lamb Chops  
*Wilted Balsamic Cherry Tomatoes  
& Corn-Parmesan Risotto*

Mango Glazed Pork Tenderloin  
*with Coconut-Cilantro Rice &  
Sesame Asian Slaw*

Pork Chops  
*with Whipped Mashed Potatoes,  
Green & Yellow Wax Beans &  
Crème Fraiche-Dill Sauce*

Boneless Pork Chops  
*with Caramelized Onions, Wilted  
Spinach & Teardrop Tomatoes*

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**Pasta**

Tomato, Mozzarella & Basil Penne  
with Balsamic Emulsion

Assorted Mushroom Ravioli  
with Chive Butter & Slivered Parmesan

Farfalle  
with Zucchini, Mint & Heirloom  
Tomatoes

**Seafood**

"Lobster Roll" Salad  
with Tarragon-Focaccia Bread,  
Watercress & Lemon Aioli

Herb Crusted Halibut  
over Vodka & Lemon-Marinated Heirloom  
Tomatoes

Rice Paper & Basil Wrapped Seared Tuna  
with Bok Choy-Shiitake Mushrooms Stir  
Fry

Soy & Ginger Glazed Salmon  
over Wilted Greens with Wasabi  
Vinaigrette

Seared Salmon  
with Fresh Corn Cakes, Cumin-Spiced  
Guacamole & Roasted Zebra Tomatoes

Watermelon, Mango & Jalapeno Ceviche

Baked Crab Cakes  
with Red Pepper, Corn & Spanish Onion  
Salsa & Mustard Beurre Blanc

Citrus Glazed Scallops  
over Papaya, Cabbage & Jalapeno Slaw

**Vegetarian**

Wild Rice  
with Grilled Peaches, Nectarines &  
Cherry-Gastrique Sauce

Millet Pilaf  
with Saffron, Orange & Cilantro

Farmer's Market Veggies  
with Parmesan in Puff Pastry

Moussaka Bulgur  
with Heirloom Tomatoes, Basil &  
Parmesan Chunks

**Dessert**

Chocolate-Hazelnut 'Torte' Cake

Blueberry Crumble

Rainier Cherry'-Cherry Pie

Black & White Cannolis  
with Strawberry Pastry Crème

Key Lime Cookies

Chocolate Covered Strawberries

Frozen Treats

Mango Lassi Frozen Yogurt

Chocolate Cherry Bombes

Lemon-Blackberry Baked Alaska

Peaches 'n Cream Ice Cream

Lemonade Granita

Rocky-Road Ice Cream

Strawberry 'n Cream Cheese Ice Cream

Mango Sorbet

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*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](http://www.womenchefs.org)), the American Personal Chef Association (APCA – [www.personalchef.com](http://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](http://www.hadco.net)) kitchen (Dulles, VA) for The Cooking Experience ([www.cookingexperience.com](http://www.cookingexperience.com)), Sur La Table ([www.surlatable.com](http://www.surlatable.com)) Pentagon City and the culinary school L'Academie de Cuisine ([www.lacademie.com](http://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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