

CHEF CITY *grill*
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AT LAKE WASHINGTON INSTITUTE OF TECHNOLOGY

Location:

East Building, Room E147

Restaurant hours:

Tuesday – Thursday

11:00 AM – 1:30 PM

Reservations Call:

(424) 739 – 8310

On campus dial extension 8310

Sandwiches

Grilled Vegetable Sandwich (Veg)

Herb focaccia bread, topped with assorted grilled vegetables, melted brie, arugula, and a house made aioli. Served with a side of herbed potato fries.

\$7.50

Portobello Mushroom Burger (Veg)

Portobello mushroom cap stuffed with our onion marmalade, topped with tomato, arugula, and Swiss cheese on ciabatta with creamy aioli. Served with a side of herbed potato fries.

\$7.50

Salads & Soups

Chef City Grill House Salad (GF)

Fresh spring mix tossed with grape tomatoes, roasted pumpkin seeds, candied walnuts, feta cheese, and topped with pickled red onions. Your choice of chipotle ranch, pear red wine vinaigrette, lemon vinaigrette, or creamy herb dressing.

Starter \$3.95 Entrée \$5.95

Shrimp & Pear Salad (GF)

Fresh spring lettuces and arugula, tossed in a tangy lemon vinaigrette and topped with red bell peppers, pears, candied walnuts, and two skewers of grilled marinated shrimp.

\$6.95

Smoked Salmon Salad

Smoked salmon on a bed of fresh romaine and spring mix with grape tomatoes, cucumbers, house croutons, and tossed in our creamy chipotle ranch dressing.

\$6.95

Soup Du Jour

Ask your server for today's house made selections

Cup \$2 Bowl \$3

Entrées

Mediterranean Lamb Stew (GF)

Tender lamb in a savory sweet stew, seasoned with warm hints of cinnamon and cloves. Served with an apricot and pumpkin seed rice pilaf, and topped with a tangy lemon yogurt sauce.

\$7.75

Chicken Marsala

Pan seared chicken breast in a buttery light and creamy Marsala wine sauce. Served with creamy mashed potatoes and steamed vegetables.

\$8.25

Shrimp Yakisoba

Classic stir-fried vegetables and tender wheat noodles tossed in our house made Yakisoba sauce. Served with our sweet and tangy Japanese pickles.

\$7.50

Indian Spiced Root Vegetable Cakes (GF, Vegan)

Fried sweet and spicy vegetable cakes made with beets, carrots, potatoes, peanuts, and peas. Served with a sweet pineapple chutney and quinoa pilaf.

\$6.95

Fish & Chips (GF)

Our special gluten-free, ginger ale battered white fish, fried and served with a side of herbed potato fries, and our tangy house made tartar sauce.

\$7.25

Grilled Fish Tacos (GF)

Grilled marinated white fish, served in crispy corn tortillas with our Mexi-cole slaw, sweet and spicy mango pico de gallo, and a side of Spanish rice.

\$7.95

Meats or eggs that are undercooked to your specification may increase your risk of foodborne illness, especially if you have certain medical conditions. If you have a food allergy, please inform your server.

(GF) = Gluten Free, (Veg) = Vegetarian, (Vegan) = Vegan

Dessert

Dessert Du Jour

Ask your server for today's house made selections.

\$3

Beverages

Mocktail of the Week

Ask your server about our special virgin cocktail of the week.

\$3

Coke, Diet Coke, Orange Soda, Sprite, Lemonade, Iced Tea, Arnold Palmer
Café Vita's Queen City Roast Coffee, and assorted Hot Teas.

\$2

About Our Program

Our mission is to prepare students to gain skills in every facet of running a commercial restaurant as they learn basic cooking principles, terminology and food handling practices. Hands-on experience is provided to our students at all stations including line cooking, inventory, daily special production, garde manger work, sauce preparation, and commercial equipment maintenance.

Students in this program will graduate prepared for work in a restaurant commercial kitchen, catering company, cafeteria, deli, bakery, or other specialty shop. This program is certified by the American Culinary Federation (ACF).

Chef City Grill (est. 2006) is a restaurant operated by the Culinary Arts program.

Quality regional dishes are prepared by students in the program. We are committed to your complete satisfaction! Donations in the form of tips directly support Culinary Arts programs and scholarships.