

SEAFOOD BUFFET



NEWLANDS DINING & OAK ROOM

Thursday evenings from 5:30pm

TODAY'S SELECTIONS

(Selections change weekly)

COLD

- GF Crab and Artichoke Salad
- GF Mixed Garden Greens
- GF Tomato and Bocconcini Salad
- GF Quinoa Salad
with arugula pesto & goat cheese
- GF Baby Corn Salad

PLATTERS

- GF North Atlantic Prawns
- GF Poached Kiwi Mussels
Maple BBQ Salmon Tips
- GF Cold Seafood Platter
- GF Seasonal Vegetable Platter

ACCOMPANIMENTS

- H GF Steamed Ginger Lemongrass Rice
- H GF Rosemary Garlic Potatoes
- H GF Sweet Roasted Banana Squash
Rolls and Butter

HOT ENTREES

- H GF Curry Prawns
in a coconut curry cream sauce
- Sole Filet
with lemon caper butter sauce
- H Oysters Rockefeller
with spinach, cream and cheese
- GF Steamed Shellfish
in a spicy tomato garlic broth
- Salmon Florentine
with a creamy parmesan spinach sauce
- GF Chicken Chasseur
braised with tomato, mushrooms and wine
- Shrimp Bisque

SWEETS

A sumptuous assortment of cakes, fruit tarts, and pastries from the chef's sweet table

- GF Gluten Free
- H Halal