

# ANCIENT GRAINS

## MENU CONCEPTS

### *mediterranean medley*

a blend of bulgur, spelt and millet\* topped with shredded kale, sautéed eggplant, crimini mushrooms, white beans, green beans, peppers, onions, olives, and raisins tossed with a warm mediterranean finishing broth\* for an infusion of Roasted Garlic and tomato flavor and garnished with chopped mint, scallion and crumbled feta

### *moroccan kamut*

a blend of kamut and basmati\* topped with swiss chard, green beans, grilled onions, scallions, chopped figs, and raisins tossed in a warm moroccan finishing broth\* using Roasted Garlic and lemon garnished with chopped parsley, toasted almonds and grilled lemon slices

### *neapolitan*

a blend of farro, barley and couscous\* topped with lemon herb marinated artichoke hearts^, grilled onions, grilled fennel, and broccoli rabe sautéed in mediterranean finishing broth\* for added notes of Roasted Garlic and tomato, and finished with a chiffonade of spinach and capers with a garnish of fresh basil, oregano, rosemary and toasted pine nuts

### *phoenician kamut*

kamut\* topped with chopped tomatoes, scallions, olives, and garlic tossed in a fresh lemon juice and parsley dressing

### *quinoa & black beans*

tri-colored quinoa\* with cherry tomatoes, black beans, and diced scallion tossed in a latin-inspired Fire Roasted Poblano & Cilantro-Lime vinaigrette\*

\* see recipe under the Signature Dressings matrix

^ see recipe under the House-made Toppings tab

\* see recipe under the Ancient Grains tab

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