



## **Well Fed-Private Cooking Class**

### **Menu Samples: West Coast**

#### ***Menu-Option #1-\$100.00 per person***

Pan seared Wild Mushrooms with  
Creamy Polenta, Poached Eggs and Crispy Onions  
Arugula Salad-shaved parmesan, candied yam, and pickled shallots  
*Wine: Cedar Creek, Pinot Noir, BC*

#### ***Menu-Option #2-\$100.00 per person***

Pomegranate Eggplant with  
Lentil ragout, sweet and sour apple, savoury granola  
Spiced Chickpea Salad- parsley, mint, cucumber, lemon and spices  
*Wine: Popular Grove, Viognier, BC*

#### ***Menu- Option #3- \$120.00 per person***

Seared Scallops (*Veggie Option-Silken Tofu and King Oyster Mushrooms*) with  
Squash Risotto, Parmesan Crisps, Tomato Jam  
Kale Salad-Lemon Confit, English Peas, Ricotta Salata  
*Wine: Joie, Rose, BC*

**All Menus include one glass of wine per person**

**Extra Bottles of Wine are \$40.00/bottle**

**Or you can bring your own wine, corkage fees are \$15.00/bottle**