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All of our food is cooked in or with Avocado oil, butter, ghee or tallow, no seed oils. Our pastas and most dishes are gluten free, those that are not gluten free utilize sourdough or unenriched unbleached flour and can often be made gluten free at request. Our desserts are sweetened with maple sugar or maple syrup.

We've indicated foods that do and do not contain gluten. For other allergen information please ask.

Proteins and mains:

Chicken piccata

Crispy chicken cutlets in a lemon caper sauce. For an interesting twist on the classic chicken piccata, we can sub pork chops for chicken

Meatballs

A blend of ground beef and italian sausage with fresh herbs, sourdough bread crumbs and parmesan
**Contains gluten, can be made GF*

Butter chicken

Traditional Indian dish of chicken with a tomato butter sauce. Best served over rice with our homemade naan

Lasagna

Made traditionally with bechamel sauce and a blend of ground beef and italian sausage

Pastas and other sides:

Stuffed shells

Pasta shells stuffed with homemade pesto mixed with a blend of cheeses and baked

Roasted tomato pasta

Tomatoes roasted with fresh herbs and goat cheese

Cilantro brown rice

Brown rice with turmeric, butter and chopped cilantro, best paired with butter chicken and homemade naan

Brown butter sage mashed potatoes

Mashed potatoes with browned herb butter best served with any of our soups or stews

Breads:

Rosemary honey cornbread

A slightly sweet cornbread with rosemary and flaky sea salt. Can be made gluten free

Homemade sourdough bread

A loaf of traditional sourdough bread made with organic bread flour Contains gluten

Sourdough milk buns

Traditional soft dinner rolls, made with sourdough instead of yeast, topped with a melted maple browned butter Contains gluten

Samosas

Traditional Indian pastry with a spicy potato filling, fried. Vegan

Salads:

Caprese salad

Fresh tomatoes, mozzarella, and basil drizzled with olive oil and balsamic vinegar

Fennel apple salad

Thinly sliced fennel, and red and green apple with crispy prosciutto, toasted walnuts, and freshly grated parmesan tossed with lemon juice and olive oil. Can be made vegetarian at request

Arugula Salad

Pomegranate seeds, blueberries, toasted pecans, and goat cheese on a bed of arugula with a maple dijon dressing Can be made vegan at request

Shopska Salad

Cucumbers, tomatoes, red onions and kalamata olives marinated in red wine vinegar with feta

Soups and Stews: *These are ideal for sit down coursed meals

Beef bourguignon

This is a classic french stew with red wine braised beef, pearl onions and cremini mushrooms. Best served over mashed potatoes or polenta

Chicken pot pie

Classic chicken pot pie in a single serve ramekin with a homemade crust on top

**Contains Gluten*

Short rib pot roast

Traditional pot roast made with short ribs, best served over mashed potatoes

Desserts: .

Cardamom spiced sponge cake

Olive sponge cake spiced with cardamom and orange, with light whipped mascarpone frosting, topped with jammy reduced figs

**Contains pistachios, contains gluten*

Chocolate orange cake

Classic chocolate cake flavored with fresh orange zest and extract topped with a light buttercream

**Contains gluten*

Basque cheesecake

Classic basque cheesecake topped with flaky sea salt

Ginger Molasses cookies

Chewy cookies with a rich molasses flavor and a warm ginger spice blend. Rolled in maple sugar

**Contains gluten*

Salted Buckwheat chocolate chip cookies

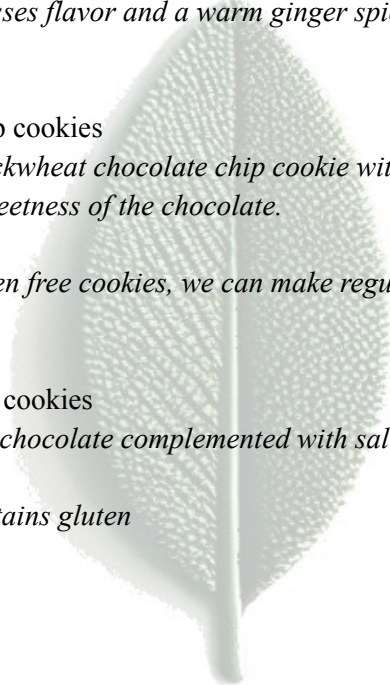
For the gluten free friends, a buckwheat chocolate chip cookie with a slightly nutty flavor, topped with flaky sea salt to bring out the sweetness of the chocolate.

**While I love to make these gluten free cookies, we can make regular salted chocolate chip cookies if that's preferred.*

White chocolate Macadamia nut cookies

Chewy cookies with sweet white chocolate complemented with salty macadamia nuts, and tart dried cranberries.

**Contains macadamia nuts, contains gluten*



Hors d'oeuvres:

Charcuterie board

Assorted cured meats, cheese, crackers, nuts and dried and fresh fruits

Stuffed mushrooms

Baby bella mushrooms stuffed with chorizo and goat cheese

Baked brie bites

Homemade puff pastry baked with brie and caramelized onions, topped with thyme and flaky sea salt

Roasted tomato and feta dip

Feta roasted with herbs and cherry tomatoes, drizzled in olive oil served with crostini for dipping

Smoked salmon crostini

Whipped cream cheese on crostini topped with smoked salmon, pickled red onion

Baked potato bites

Baby potatoes, roasted with herbs, served with creme fraiche, crispy bacon and chives

Stuffed tomatoes

Chorizo and goat cheese mixed with fresh herbs and sourdough breadcrumbs and baked. Contains gluten

Prosciutto pear bites

Sliced pear with whipped goat cheese and fig preserved topped with crispy prosciutto