

## Composer's Menu for July 2024

### **Saluting the Humble Blueberry!**

*Every year in late June, PA Kiwanis Clubs work with New Jersey farms to bring us tens of thousands of pounds of fresh blueberries as a fundraiser benefiting children's health and scholastic programming. We support their effort and our own farmers working to bring delicious blueberries to the local markets from mid-July through mid-August!*

RE Farm Café at Windswept is committed to building a more permanent, healthy, available, and accessible food system. Windswept's fields, greenhouses, and pastures supply much of our year-round needs. To augment menu offerings, we look to regional small farm sources first, all the while never compromising on your safety or the inherent food flavors that add "wonderfulness" to our dishes. Our composers work tirelessly to grow relationships for a widening network of trusted growers. We buy the best directly from the best, cutting out the middleman and helping small growers keep more of the profit so their work can be, well, sustainable!

**This menu is our "plan" for your dining experience, however, since it is based on local availability, last minute substitutions may become necessary. Accompanying side dishes and food garnishes will vary from one day to the next.**

**WS=From our own Windswept Farm pastures, fields, or greenhouses V=Vegetarian  
Vegan=Vegan GF=Gluten Free DF=Dairy Free**

### ~SALAD WITH A SOUP SHOOTER~

**WS Greens and Blueberries**, with cucumber, scallion, almonds, and WS yogurt dressing (V/GF)

**WS Chicken Coconut Milk Soup** (DF/GF)

### ~SMALL PLATE CHOICE

**WS Chicken Wing**, blueberry BBQ sauce

**Falafel**, WS turmeric crème fraiche (V/GF)

### ~MAIN PLATE CHOICE~

**Sumac Blackened Hudson Valley Steelhead Trout**, blueberry gastrique (GF)

*"The Sumac berry used in cooking is a deep, ruby red color, with a tart, lemony flavor and slight floral sweetness. Poison sumac has white berries and is a totally different plant. Sumac berries are ground into a coarse powder bursting with color, flavor, and healthy antioxidants. Sumac is the primary ingredient in Za'atar, a popular Middle-Eastern spice blend."* **Duke Gastiger**, Chef Owner

**Roasted WS Lamb**, blueberry gastrique (GF)

**WS Chicken Leg Quarter stuffed with Spinach and Farmer's Cheese**, limoncello cream

**Cultivated Mushroom Risotto**, topped with roasted WS Thyme, garlic, and lemon peel (V/GF)

### ~FINISH CHOICE~

**Lavender Lemon Cake**, with **blueberry** ice cream

**Slate of Local Farm Cheese**, accompaniments

**Composer's Ice Cream and Sorbet Flavors**