



## Composer's Four course Prix Fixe – May 2025 “We Are What We Eat”

Alice Waters, American chef, activist, and author pioneered farm-to-table dining and the “slow food” movements with the opening of Chez Panisse in 1971. Her teachings resonate with us, especially this month as the 1200+ Centre County farms begin planting the fields, and the producer-only farmer's markets open for the season.

### Alice Water's Philosophy of Food

- ❖ Eat seasonally
- ❖ Eat locally and sustainably
- ❖ Shop at farmer's markets
- ❖ Plant a garden
- ❖ Conserve, compost and recycle
- ❖ Cook simply, engaging all your senses
- ❖ Set the table with care and respect
  - ❖ Eat together
  - ❖ Food is precious

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**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 Windswept V=Vegetarian Vegan=Vegan*

*GF=Gluten Free*

*DF=Dairy Free*

### ~SALAD & SOUP SHOOTER~

**WS Greens and Radishes**, turmeric-caper dressing (V/GF)

**Barley, Oyster, Button, and Shiitake Mushrooms Soup** (V/GF)

### ~SMALL PLATE CHOICE~

**Smoked Three Onion Dip with Crisp Veg Sticks** (V/GF)

**WS Chicken Pâté with Chili Crunch and Buttermilk Naan**

### ~MAIN PLATE CHOICE~

**Pan-seared Hudson Valley Steelhead Trout**, black garlic soy and preserved lemon (GF/DF)

**Roasted WS Chicken**, creamy green peppercorn sauce

**Cubed WS Lamb on Spinach Pappardelle, Sauce Espagnole**

**Vegetable Three Cheese Lasagna**, tomato & bechamel sauces, and parm frico (V)

### ~FINISH CHOICE~

**Classic Strawberry Shortcake** (V)

**Slate of Local Farm Cheese**

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

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. 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!