

BRAIN FOOD DINNER PARTY

DEANE HOUSE X NEUOTRITION

We developed this exciting menu with Deane House in celebration of Canada's cannabis legalization. Science says one of the ways to boost endocannabinoids (our body's own version of cannabis) is through food. So each course was designed to increase the endocannabinoids of diners, while they were educated by our special guest, cannabinoid neuroscientist Dr. Matthew Hill.

TO START

Sourdough Bread Service

with House Churned Cultured Butter

FIRST COURSE

Fresh Shucked Oyster

Hop Salt, Flaxseed, Pea & Camelina Vinaigrette

SECOND COURSE

Line-Caught Pacific Halibut

Miso Roasted Jerusalem Artichoke, Stewed Heritage Grain, Stinging Nettle Egg Drop Broth

ENTREE

Morel Mushrooms

Edgar Farms Asparagus, Walnut Paste, Soft Poached Egg, Goat Yogurt & Potato Puree

DESSERT

Rosemary & Cinnamon Pear Tart

Candied Pumpkin Seed, Ginger Kombucha Sorbet

Menu by



neurotrition
REAL FOOD. FOR THOUGHT

DEANE
HOUSE
INGLEWOOD