

BRAIN FOOD DINNER PARTY

RIVER CAFE X NEUOTRITION

This menu was created with River Cafe, a restaurant known for local, seasonal, sustainable Alberta cuisine. We brought in the brainy science to show that eating for brain health is anything but boring. We also served evidence-based juice and tea pairings at this mind-blowing experience for the public.

TO START

Kolb Farms Bison Tartare

Highwood Crossing Oat, Pickled Saskatoon Berries

Wine Pairing or Sparkling Verjus

FIRST COURSE

Salt Spring Island Mussels & Spragg Farms Pork Belly

Crabapple Wine, Jungle Farms Barley

Wine Pairing or Crabapple Juice

SECOND COURSE

Alberta Trout

Wild Foraged Spring Herbs & Greens, Sourdough Crisps, Sorrel Cream, Radish

Wine Pairing or Chilled Chrysanthemum Honey Tea

ENTREE

Driview Farms Lamb

Fairwinds Goat Yogurt, Preserved Okanagan Grapes

Wine Pairing or Juniper Infused Pear Juice

DESSERT

Strawberry & Dandelion Honey Friand

Earl Grey Tea Gel, Strawberry Sorbet

Wine Pairing or Mulled Black Cherry Tea

Menu by



neurotrition

REAL FOOD. FOR THOUGHT

RIVER CAFE
PRINCE'S ISLAND PARK