

BRAIN FOOD DINNER PARTY

SAIT X NEUOTRITION

Orsha partnered with SAIT (Southern Alberta Institute of Technology) to work with students in their culinary program to design this evidence-based brain food (and beverage) feast! SAIT is recognized as one of the best Hospitality and Hotel Management schools in the world and the only school in Canada on this Top 50 list.

AMUSE BOUCHE

Fermented Squash Puree on a Fermented Seed Cracker
Roasted Fennel & Apple Turmeric Soup 'Shooters' (with Pickled Herring)
Crispy Avocado Tacos with Kimchi Aioli
Fresh Shucked Oysters with Kombucha Mignonette

COCKTAILS

Sunnycider & Haskap Berry Bellini
Turmeric Gimlet

FIRST COURSE

Sous Vide Cooked Beets (Red, Gold, Chiogga), Dukkah Spiced Cauliflower Puree, Beet Sauerkraut, Baby Kale Salad, Savoury Turmeric Granola (Pumpkin, Sunflower, Flax, Hemp, Chia Seed), Candied Turmeric

Pairing: Cherry Shrub

SECOND COURSE

Smoked Lion's Mane Mushroom, Duck Fat, Zucchini Noodle Carbonara, Basil, Roasted Cherry Tomatoes, Reduced Beef Bone Broth

PALATE CLEANSER

Green Tea & Blueberry Kombucha Granita

ENTREE

Halibut with Shiitake/Walnut Crust, Beluga Lentil, Carrot & Miso Puree, Italian Parsley, Purple Kohlrabi & Celery Leaf Salad

Pairing: Celery & Ginger Juice

DESSERT

Coconut Yogurt Semifreddo, Raw Honey Comb, Saskatoon Berries, Sea Buckthorn Zabaglione, Coffee & Raw Cacao "Dirt"

Served with NeuroTriton's very own Hot Chocolate - Bulletproof version!

Menu by



neurotrition
REAL FOOD. FOR THOUGHT



SAIT