

BRAIN FOOD DINNER PARTY

YELLOW DOOR X NEUOTRITION

Our inspiration, and challenge, for this menu was to make French food into brain food. We worked with Yellow Door to seamlessly transform seasonal, sustainable Alberta ingredients into decadent French classics (including a brainy take on a French digestif). Yes, it took some brainpower. But yes, it can be done.

FIRST COURSE

Salmon & Foie Gras Terrine

Fermented Turnip, Nori, Pear

SECOND COURSE

Bison Tartare Tartine

Pickled Blueberry, Cranberry Mustard, Grilled Sourdough

THIRD COURSE

Mushrooms & Egg

Perigord Truffle, Celery Root Custard, Swiss Chard

PALATE CLEANSER

Seasonal Fruit Sorbet with a Liver-Loving, Digestion-Promoting Digestive (or non-alcoholic version)

ENTREE

Roasted Sablefish

Miso, Charred Broccoli, Beet Dashi

DESSERT

Vacherin

Dried Meringue, Roasted Pineapple, Citrus Curd, House Made Kaffir Lime Yogurt

Menu by



neurotrition

REAL FOOD. FOR THOUGHT

YELLOW DOOR
BISTRO