



## Composer's Four course Prix Fixe

### January 2025 "Free Radicals...not the Politicos"

"Our kitchen is as concerned about body health as it is about food flavors. Anytime we breathe, **free radicals** form in the body through the processes of diet, exercise, exposure to sunlight and air pollutants, or alcohol consumption. They steal electrons (oxidation) from healthy cells and cause them to age prematurely, inviting disease. Antioxidants work to stabilize affected cells by donating electrons to free radicals, stabilizing them to prevent further cellular damage. This menu is replete with foods rich in antioxidants, especially our just harvested kale, cabbage, radishes, and fresh herbs, corn and olives. All the best from us, for you!"

– **Monica and Duke Gastiger**, proprietors

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 WITH A SOUP SHOOTER~

WS **Kale Caesar Salad**, watermelon radish and garlic crouton (V)

**Creamy WS Cabbage and Potato Soup**, fresh (V/GF)

#### ~SMALL PLATE CHOICE~

**Steamed Pole Cat Farm Duck Dumpling**, black garlic soy (DF)

**Fried Sticky Tofu**, honey-turmeric glaze (Vegan/GF)

#### ~MAIN PLATE CHOICE~

**Sliced Roasted WS Lamb Leg**, rosemary garlic jus (GF)

**Roasted Greek WS Chicken Leg**, sundried tomato, olives, garlic (GF/DF)

**Hudson Valley Fisheries Steamed Steelhead Trout**, cilantro shrimp broth (GF/DF)

**Fried Castle Valley Mill Polenta**, with creamy mushroom sauce and kale chips (V/GF)

#### ~FINISH CHOICE~

**Vanilla Bean Espresso Crème Brûlée**

**Slate of Local Farm Cheese**, accompaniments

**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!