

Seasons 52

FRESH | GRILL 52

SAN DIEGO - UTC

Seasonally inspired cooking with every item less than 475 calories

We would like to thank the following California farms for their fresh and seasonal produce:
Be Wise - Country Sweet - Fresh Origins - Cal Organic - Windrose - Tutti Frutti - Weiser - Frog Hollow



Flatbreads

- Artichoke & Goat Cheese** leaf spinach, balsamic onions, roasted peppers 9.95
- Ripe Plum Tomato** fresh basil, roasted garlic, melted Parmesan cheese 8.25
- Garlic Chicken** balsamic onions, roasted red peppers, mozzarella cheese 8.95
- Spicy Chipotle Shrimp** grilled pineapple, feta cheese, roasted poblano peppers 9.95
- Steak & Cremini Mushroom** fresh spinach, crumbled blue cheese 9.50

Appetizers

- All-Natural Beef Chili** black beans, cilantro sour cream Bowl 6.25 Cup 6.75
- Sno-Pac Farms Organic Edamame** steamed whole soybeans, Japanese green tea salt 5.50
- Double Hummus & Crisp Sea Salt Lavosh** minted edamame hummus, roasted red pepper hummus 6.75
- Cider-Glazed Grilled Chicken Skewers** Fuji apple slaw, sun-dried cranberries, toasted pumpkin seeds 8.95
- Sonoma Goat Cheese Ravioli** organic tomato broth, roasted garlic, fresh sweet basil 8.75
- Dungeness Crab, Roasted Shrimp & Spinach Stuffed Mushrooms** under Parmesan-panko crust 9.50
- *Sushi-Grade Ahi Tuna Seared Rare** sliced and served chilled, Asian cucumber salad, sesame crisps 12.25
- Spicy Chicken Chile Relleno** sun-dried tomatoes, goat cheese, spinach, pico de gallo 9.25

Small Salads

- Organic Arugula** truffle dressing, Portobello mushrooms, Parmesan cheese 7.75
- Kalymnos Greek** feta cheese, cucumbers, tomatoes, sliced red onions, kalamata olives 7.75
- Organic Baby Spinach** seasonal pears, toasted pine nuts, crumbled gorgonzola cheese 7.25
- Organic Mixed Greens** toasted pumpkin seeds, tomatoes, cucumbers, white balsamic vinaigrette 5.75

Entrée Salads

- Vegetarian Tasting** quinoa-farro salad, soft taco, chili relleno, vegetables, cedar roasted tofu, mango chutney 14.50
- BBQ Chicken** organic field lettuce, fresh corn, roasted red peppers, pumpkin seeds, crumbled blue cheese 12.50
- *Maui Tuna Crunch** sushi-grade seared tuna, organic greens, pineapple, toasted almonds, miso vinaigrette 16.25
- *Lemongrass King Salmon** organic greens, pineapple, mango, jicama, toasted sesame dressing 15.50
E.U. Certified Organic Salmon, \$6 Surcharge

Fish & Seafood

- Grilled Boneless Rainbow Trout** dill roasted potatoes, baby carrots, dill mustard, broiled lemon 16.50
- Caramelized Grilled Sea Scallops** roasted asparagus, sun-dried tomato-mushroom pearl pasta 21.50
- Grilled Jumbo Shrimp Penne Pasta** spinach, mushrooms, garlic, sour cream, sun-dried tomatoes 17.75
- Mesquite-Grilled Garlic Shrimp** Spanish saffron risotto, roasted tomato broth, crispy chorizo 21.25
- *Cedar Plank Roasted Pacific King Salmon** roasted rainbow carrots, fresh asparagus, Weiser Farm roasted potatoes 18.50
E.U. Certified Organic Salmon, \$6 Surcharge

Poultry & Meat

- Springer Mountain Farm All-Natural Grilled Chicken** tamarind glaze, sweet potato mash, pumpkin seeds 15.50
- *Wood-Roasted Pork Tenderloin** soft herb polenta, cremini mushrooms, broccoli, shallot-Dijon glaze 17.50
- *Grilled Lamb T-Bone Chops** roasted asparagus, truffle mashed potatoes, red wine glaze 25.95
- *Oak-Grilled Filet Mignon** cremini mushrooms, asparagus, garlic mashed potatoes, red wine sauce 26.50
- *Piedmontese All-Natural Bone-In Strip Steak, 11 oz.** roasted asparagus, cremini mushrooms, roasted potatoes 28.95

Desserts

Mini Indulgences... individual servings of classic desserts 2.50 ea

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|----------------------------------|------------------------------------|
| Ghirardelli Chocolate Rocky Road | Pumpkin Pie with Ginger Snap Crust |
| Meyer Lemon Pound Cake | Pecan Pie with Vanilla Mousse |
| Mocha Macchiato | Raspberry Chocolate Chip Cannoli |
| Chocolate Peanut Butter Mousse | Market Fresh Fruit |

Espresso 3.25 • Cappuccino 3.75 • Hot Tea 2.50 • Coffee 2.50
Fiji (1 liter) 5.50 • San Pellegrino (500 ml) 2.95

Steaz All-Natural Organic Green Iced Teaz 4.25 ea
Blueberry Pomegranate & Açai • Peach • Sparkling Raspberry
Green Tea & Lemonade (zero calories)

David J. Holter

David J. Holter, Managing Partner

Steve de Barril

Steve de Barril, Executive Chef Partner

*MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

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award winning
ORIGINAL
MINI INDULGENCE
created & founded 2002
Orlando, Florida





wine

Our wine list has been hand selected by our Master Sommelier, George Miliotes, who is the 152nd Master Sommelier in the world.



GEORGE RECOMMENDS DRINKING THESE BEFORE THEY BECOME FAMOUS

	GLASS	BOTTLE
Vista Hills Orange Pinot Gris , Willamette '11	9.5	38
Farrier Andiron Semillon , Alexander '09	13	52
Avanthia Godello , Valdeorras '10/'11	19	76
Tilia Bonarda , Mendoza '11/'12	8.5	34
Michael David Petite Petit, Petite Sirah , Lodi '09/'10	13	52
Glenelly Cabernet Sauvignon , Stellenbosch '10	14	56

NATURAL, BIODYNAMIC & ORGANIC WINES

	GLASS	BOTTLE
Clos de Gilroy Grenache , Monterey '10	12.25	49
Donkey & Goat 4/13 Blend Syrah/Mourvedre/ Grenache/Counoise , El Dorado '09 (<i>natural</i>)	12.75	51
Lioco Michaud Chardonnay , Chalone '08		81
Sinskey, Carneros '09 (<i>organic</i>)		73

MARTINIS & UP DRINKS

RASPBERRY STEAZ MOJITO

Atlántico Platino Rum, Steaz Raspberry Sparkling Green Tea, Muddled Lime Wedges, Mint Leaves & Agave Nectar 13.75

BLACKBERRY STORM

Atlántico Reserva Rum, Blackberry Preserves, Lime Juice, Agave Nectar & Hint of Allspice 13.25

SUPERFRUIT MARTINI

Veev Açai Spirit, POM Pomegranate Blueberry Juice & Organic Agave Nectar 13.95

ORGANIC SUNSHINE MARTINI

Orange-Infused Prairie Organic Vodka & Agave Nectar 11.95

POMEGRANATE MARGARITA MARTINI

Patrón Silver Tequila, Patrón Citrónge & Pomegranate Juice 14.25

CITRUS SOUR APPLE MARTINI

Ketel One Citroen Vodka, Lime Juice & Sour Apple Schnapps 11.95

MANDARIN ORANGE COSMOPOLITAN

Grey Goose L'Orange Vodka & Patron Citrónge 13.95

HAWAIIAN PINEAPPLE COSMOPOLITAN

Van Gogh Pineapple Vodka & Patrón Citrónge 13.95

CHOCOLATE & ESPRESSO MARTINI

Van Gogh Double Espresso Vodka, Bailey's Irish Cream & Godiva Chocolate Liqueur 13.95

DOMESTIC & IMPORTED BEERS

American / Premium 5.25

Budweiser • Bud Light
Miller Lite • Michelob Ultra

Specialty / Import 5.95

Amstel Light • Newcastle Brown Ale
Stella Artois • Guinness
Sam Adams Lager • Heineken
Sierra Nevada • Corona
Samuel Smith's Organic Lager
Beck's Non-Alcoholic
Mission IPA
Mermaid's Red Ale
Stone Levitation Ale

COGNACS & BRANDIES (2 OZ)

Rémy Martin V.S.O.P. 16
Hennessy V.S. 15
Hennessy Paradis 65

SINGLE MALT SCOTCH (2 OZ)

Glenfiddich 12 Year Old 11.25
Glenlivet 12 Year Old 11.25
Macallan 12 Year Old 13.5
Macallan 18 Year Old 33

CORDIALS & LIQUEURS (2 OZ)

B&B • Godiva Chocolate • Kahlua
Bailey's Irish Cream • Grand Marnier
Chambord • Cointreau • Midori
Tia Maria • Amaretto DiSaronno
Drambuie • Sambuca Romana
Frangelico • Galliano
Southern Comfort

Whites

	GLASS (1/4 bottle)	BOTTLE
Chardonnay <i>apple to citrus to tropical fruit, listed light to heavy oak</i>		
Indaba, West Cape '11	7.5	30
Chateau St. Jean, Sonoma '10	8.5	34
Greg Norman Estates, Eden '10/'11	9.25	37
Carmel Road, Monterey '10/'11	10.25	41
Markham, Napa '10	11.75	47
ZD, California '10	13.75	55
Chehalem INOX, Willamette '10	15.25	61
Mer Soleil, Central Coast '10	16.25	65
Cakebread, Napa '10/'11	19.25	77
Far Niente, Napa '10/'11		95

Pinot Grigio/Pinot Gris

ripe apple with a touch of almond and light body

Santa Julia, Mendoza '11	8.25	33
King Estate, Willamette '11	11.5	46
Masi <i>Masianco</i> , Veneto '11		43
Conte Brandolini, Friuli-Venezia Giulia '10/'11	12.25	49

Pinot Blanc

peaches and cream and kiss of oak

Selbach-Oster, Mosel '10/'11	12.25	49
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Sauvignon Blanc

pink grapefruit and crisp finish

Brampton, West Cape '11	8.75	35
Honig, Napa '11 (<i>sustainable</i>)	10.25	41
Mulderbosch, Western Cape '11	12.75	51

Riesling

fruity to lightly sweet with a finish like a perfect Granny Smith apple

Selbach QbA, Mosel '11	10.25	41
Selbach-Oster <i>Kabinett</i> , Mosel '10/'11	13.25	53
Sokol Blosser <i>Evolution</i> , American MV		45
Eroica, Columbia '11		49

Viognier

pear, apricot and spice with a touch of oak

Casillero del Diablo, Casablanca '10/'11	8.75	35
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Fabulous Unoaked Whites

crisp and clean, listed sweet to dry

Pacific Rim Gewürztraminer , Yakima '10	8.5	34
Jam Jar Moscato , Western Cape '11	8.25	33
Aveleda Vinho Verde , Portugal '10/'11	7.5	30
Tilia Torrontes , Salta '10/'11	9.25	37
Paso a Paso Verdejo , La Mancha '10/'11	8.75	35
Raats Family <i>Original Chenin Blanc</i> , Coastal '11	8.75	35
Hirsch #1 Grüner Veltliner , Kamptal '09	11.5	46

White Zinfandel

Woodbridge by Robert Mondavi, California '11	7.5	30
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Sparkling

perfect any time

	5-oz POUR	
Marques de Gelida Brut, Cava '07/'08	9	36
Schramsberg Mirabelle, North Coast MV		42
Domaine Carneros, Carneros '07/'08 (<i>organic</i>)		60
Chartogne - Taillet <i>Cuvee Sainte Anne</i> , Champagne MV	15.25	61
Gimonnet <i>Cuvee Gastronom</i> , Champagne '06/'07		90

Dessert Wine

	3-oz POUR	
Selbach-Oster Bernkastler Badstube Riesling Auslese, Mosel '06/'10	9.25	

Port

	3-oz POUR	
Warre's Otima 10-Year Aged Tawney Port	12.25	

Reds

	GLASS (1/4 bottle)	BOTTLE
Merlot <i>velvety with plush tannin</i>		
Juntos, Alicante '10/'11	7.5	30
Anna's Vineyard, Slovenia '09	9.25	37
Ray's Station, North Coast '09	11.25	45
St. Francis, Sonoma '07	13.25	53
Chateau Ste. Michelle <i>Indian Wells</i> , Columbia '10	15.25	61
Robert Mondavi, Napa '09		55
Twomey, Napa '07		95

Pinot Noir

silky smooth and sexy

Mirassou, California '10/'11	7.5	30
Cartlidge & Browne, California '10	9.25	37
Kim Crawford, Marlborough '11	12.25	49
Schug, Sonoma Coast '09	14.75	59
Chehalem 3 <i>Vineyard</i> , Willamette '09/'10	17.75	71
Etude, Carneros '09/'10		85
Freeman, Russian River '10		95

Shiraz/Grenache/Monastrell

rich and plump with power

Jam Jar Sweet Shiraz, South Africa '11	8.25	33
Wrongo Dongo Monastrell , Jumilla '10/'11	8.25	33
Monte Oton Garnacha , Campo de Borja '10/'11	8.75	35
Woop Woop, South Eastern Australia '11	9.75	39
St. Hallet <i>Gamekeeper's Reserve</i> , Barossa '10	10.75	43
Torbreck <i>Woodcutters</i> , Barossa '10		60
Jean-Luc Colombo <i>Les Bartavelles</i> , Chateaufort du Pape '09/'10		80
Alto Moncayo Garnacha , Campo de Borja '09/'10		90

Zinfandel

spicy with ripe fruit and perfect for food off the wood-burning grill

Ravenswood, Napa '10	11.25	45
Seghesio, Sonoma '10/'11		47
Ravenswood, <i>Teldeschi</i> , Dry Creek '08		70

Tempranillo

animal and exotic, perfect with red meat

Sierra Cantabria Crianza, Rioja '07/'08	10.75	43
Muga Prado <i>Enea</i> Gran Reserva, Rioja '04/'05		90

Sangiovese

cherries and earth screaming for food

Santa Cristina, Tuscany '10/'11	7.75	31
Retromarcia, Chianti Classico '09	10.75	43
Antinori <i>Pèppoli</i> , Chianti Classico '09		63

Cabernets & Bordeaux Varietals

the king of the reds with tannin, force and structure

Concha y Toro <i>Xplorador</i> , Central '10/'11	7.5	30
Casillero del Diablo Carmenere , Central '10/'11	8.75	35
Gascon Malbec , Mendoza '10/'11	9.5	38
Chateau Roustaing Cabernet Franc , Bordeaux '10	10.25	41
Chateau de Parenchère, Bordeaux '09	10.25	41
Lake Sonoma, Alexander '09	12.25	49
Catena Vista Flores, Malbec , Mendoza '10/'11	11.25	45
Mulderbosch <i>Faithful Hound</i> , Stellenbosch '08	13.75	55
De Toren Z Stellenbosch '08	16.25	65
Markham <i>Cellar</i> 1879, Napa '10	19	76
Chappellet <i>Signature</i> , Napa '10		80
Joseph Phelps, Napa '09		95
Silver Oak, Alexander '07		115
Caymus, Napa '09/'10		130
Viader, Napa '08		144
Silver Oak, Napa '07		205
Caymus <i>Special Selection</i> , Napa '09		230