

Sample Steak & Seafood Restaurant Menu

Starters

Oysters on the Half Shell
Shrimp Cocktail

Soups

Bisque (Cream Soup)

Salads

Buffalo Mozzarella and Tomato Salad
Chopped Salad
Cobb Salad
Hearts of Palm Salad
Mixed Green Salad

Meat Dishes

Hamburgers
Pork Chops
Lamb Chops
Steaks

Chicken Dishes

Grilled Chicken Breast
Roasted Chicken

Seafood Dishes

Crab
Fish Filet
Lobster

Sample Steak & Seafood Restaurant Menu

Sides

Asparagus
Baked Potato
Broccoli
French Fried Potatoes/Chips
Green Beans
Hash Browns
Mashed Potatoes
Potatoes Lyonnaise
Spinach

Desserts

Chocolate Mousse
Crème Brûlée (Baked Custard)
Flourless Chocolate Torte
Fresh Berries with Whipped Cream
Ice Cream
Sorbet

We would like to thank Tim Gannon, Founder and Executive Chef of Outback Steakhouse™ headquartered in Tampa, Florida and Domenica Catelli, Chef from domenica's way in Houston, Texas for their valuable contributions in reviewing the following menu items.

American Steak & Seafood Menu Item Descriptions

Starters

Oysters on the Half Shell

Oysters on the half shell can be served raw with lemon and a cocktail sauce made of tomato sauce, horseradish and lemon juice. They may also be baked or poached

Sample Chinese Restaurant Menu

Soups

Egg Drop Soup
Sizzling Rice Soup

Chicken Dishes

Lemon Chicken
Steamed Chicken and Broccoli

Seafood Dishes

Steamed Fish

Vegetarian Dishes

Buddha's Feast

Rice Dishes

Steamed Rice

Desserts

Fresh Tropical Fruits

We would like to thank P.F. Chang's China Bistro® headquartered in Scottsdale, Arizona and Sueson Vess, Founder and President of Special Eats™ in Chicago, Illinois for their valuable contributions in reviewing the following menu items.

Chinese Menu Item Descriptions

Soups

Egg Drop Soup

If it is prepared in the traditional fashion, the base of the soup is fresh chicken stock and is typically thickened with corn or potato starch. Sliced button mushrooms, green onion and spinach are the standard vegetables

and the soup is seasoned with salt and pepper. Tofu may also be added. The ingredients may be sautéed in oil prior to being added to the chicken stock. As its name would suggest, the soup has whisked eggs dropped into the broth, which look like white ribbons. Chinese soups are often garnished with fried noodles or wonton strips.



Egg Drop Soup

Gluten-Free Decision Factors:

- Ensure no soy sauce—order gluten-free sauce if available
- Ensure stocks and broths are not made from bouillon which may contain gluten
- Ensure no wheat flour as thickening agent
- Ensure no fried noodles or wonton strips

Food Allergen Preparation Considerations:

- Contains eggs as an ingredient
- May contain corn from bouillon, corn starch and vegetable oil
- May contain peanuts from peanut oil and vegetable oil
- May contain soy from bouillon, soy sauce, tofu and vegetable oil

Sizzling Rice Soup

Sizzling rice soup is a menu item with the final preparation of the dish done table side. The base of the soup is fresh chicken stock or broth that has been thickened with corn starch or potato starch and seasoned with salt and pepper. Strips of chicken and sometimes shrimp are combined with bamboo shoots, eggs, mushrooms and water chestnuts in the broth. Tofu may also be added. At your table, your server adds rice to the soup that has been fried in oil, thus creating the famous “sizzle.” Chinese soups are often garnished with fried noodles or wonton strips.

Sample French Restaurant Menu

Starters

Crevette Cocktail (Shrimp Cocktail)
Escargot (Snails)
Foies Gras (Fat Liver)
Les Huîtres (Oysters on the Half Shell)
Steak Tartare (Beef Tartar)
Tartare de Saumon (Salmon Tartar)

Soups

Bisque (Cream Soup)
Vichyssoise (Potato Leek Soup)

Salads

Artichauts à la Vinaigrette (Artichoke Salad)
Asperge à la Vinaigrette (Asparagus Salad)
Mesclun de Salade (Mixed Green Salad)
Salade Niçoise (Nice Style Salad)

Egg Dishes

Les Oeufs (Fried Eggs)
Les Omelettes (Omelets)

Beef Dishes

Filet de Boeuf (Beef Filet)
Fondue Bourguignon (Beef Fondue)
Steak au Poivre (Peppered Steak)
Steak Frites (Steak and French Fried Potatoes)

Chicken Dishes

Poulet Provençal (Roasted Chicken with Herbs)

Seafood Dishes

Bouillabaisse (Seafood Stew)
Moules Frites (Mussels and French Fried Potatoes)
Saumon en Papillote (Baked Salmon)

Sample French Restaurant Menu

Sides

Gratin Dauphinois (Creamed Potatoes)
Haricots Verts (French Green Beans)
Pommes Frites (French Fried Potatoes/Chips)
Ratatouille (Vegetable Stew)

Desserts

Assiette de Fromage (Cheese Plate)
Crème Brûlée (Baked Custard)
Fruits à la Crème (Fresh Fruit with Cream)
Mousse au Chocolat (Chocolate Mousse)
Les Sorbets (Sorbet)

We would like to thank Nicolas Bergerault, Founder and President of *Latelier des Chefs* in Paris, France and Stephane Tremolani, former Executive Chef de Cuisine at the French Embassy in Rome, Italy for their valuable contributions in reviewing the following menu items.

French Menu Item Descriptions

Starters

Crevette Cocktail (Shrimp Cocktail)

Shrimp cocktail is a common starter across many international cuisines. *Crevette Cocktail* usually refers to medium sized shrimp. *Les Gambas*, large shrimp or prawns, may also be seen on some menus in France. Most restaurants prepare and serve this starter in a similar fashion. The shrimp are boiled in water or fish stock, shelled and chilled. They are traditionally served with a cocktail sauce (tomato sauce, horseradish and lemon juice), lemon wedges and sometimes an additional mayonnaise-based sauce.



Crevette Cocktail (Shrimp Cocktail) with cocktail sauce

languages and dialects spoken in India. Since Indian languages have different alphabets than the English language, menus may have the name of a dish spelled phonetically in English. With this in mind, you will soon realize that there are many different ways to phonetically spell an Indian dish. Kabobs, whether it is spelled kababs, kebobs or kebabs, is the same skewered meat dish.

Depending on where you are dining, it may be acceptable to eat with your hands; however, most restaurants offer Western cutlery for your convenience. As is the case with most Asian cuisines, Indian food is designed to be enjoyed "family style." Finding a balance between many dishes and sharing them with your table is a very important part of the Indian culture.

Dining schedules in India vary according to religious practices. The customary eating schedule for many Hindus includes a light meal in the morning, a heavier meal in the afternoon and another light meal in the evening. For Muslims, the dining schedule is similar; however, during the month of Ramadan, fasting is observed during daylight hours.

Chalo, sub khana khao!
(Bon Appetit in Hindi.
It literally means
"Come, let's start eating!")



7 Indian Meal Tray

Sample Indian Restaurant Menu

Starters

Aloo Tikki (Potato Patty)
Kabobs (Skewered Meat)
Pakorras (Vegetable Fritters)
Papadam (Spicy Crackers)

Sample Indian Restaurant Menu

Soups

Curried Coconut Soup
Mulligatawny (Chicken and Vegetable Soup)
Sambar (Lentil and Vegetable Stew)

Salads

Kachumber (Chopped Salad)

Curry Dishes

Channa Masala (Chickpeas in Tomato Curry)
Gosht Vindaloo (Spicy Lamb Curry)
Jhinga Masala (Shrimp in Coconut Curry)
Malai Kofta (Vegetarian Croquettes in Mild Curry)
Murg Korma (Chicken in Cream Curry)
Murg Tikki Masala (Chicken in Tomato Curry)
Rogan Josh (Mild Lamb Curry)
Saag Paneer (Indian Cheese and Spinach Curry)

Tandoor Specialties

Boti Kabob (Skewered Lamb)
Murg Tandoori (Tandoori Barbeque Chicken)
Murg Tikka (Yogurt Marinated Chicken)
Seekh Kabob (Skewered Minced Lamb)

Dosas (South Indian Specialties)

Masala Dosa (Spicy Vegetable Filled Crepe)
Sada Dosa (Lentil and Rice Crepe)
Uthappam (Lentil and Rice Pancake)

Desserts

Kheer (Rice Pudding)
Kulfi (Indian Ice Cream)
Rasmalai (Cheese Balls in Sweet Cream)

Sample Italian Restaurant Menu

Starters

Calamari alla Griglia (Grilled Calamari)
 Carpaccio di Manzo (Beef Carpaccio)
 Carpaccio di Salmone (Salmon Carpaccio)
 Cocktail di Gamberi (Shrimp Cocktail)
 Cozze al Vapore (Steamed Mussels)
 Prosciutto e Melone (Cured Ham and Melon)

Soups

Gazpaccio

Salads

Insalata Caprese (Mozzarella Tomato Salad)
 Insalata Mista (Mixed Green Salad)

Italian Specialties

Risotto ai Frutti di Mare (Arborio Rice and Seafood Dish)
 Risotto ai Funghi (Arborio Rice and Mushroom Dish)
 Risotto ai Quattro Formaggi (Arborio Rice and Cheese Dish)
 Risotto al Pollo (Arborio Rice and Chicken Dish)

Meat Dishes

Costatella D'Agnello (Rack of Lamb)
 Fileto di Manzo (Filet Mignon)
 Medaglione di Manzo (Beef Tenderloin Medallions)
 Vitello (Veal)

Chicken Dishes

Petti di Pollo (Chicken Breast)
 Pollo Arrosto Rosmarino (Rosemary Roasted Chicken)

Seafood Dishes

Salmone alla Griglia (Grilled Salmon)
 Scampi (Prawns)

Sample Italian Restaurant Menu

Sides

Broccoli Rabe (Broccoli Florets)
 Funghi all' Aglio e Olio (Mushrooms in Garlic and Olive Oil)
 Melanzane alla Griglia (Grilled Eggplant)
 Polenta (Boiled Corn Meal)

Desserts

Gelato (Italian Ice Cream or Sherbet)
 Granita (Italian Ice)
 Zabaglione (Italian Custard)

We would like to thank Arber Murici of Lumi in New York, New York and Stephane Tremolani, former Executive Chef de Cuisine of the French Embassy in Rome, Italy for their valuable contributions in reviewing the following menu items.

Italian Menu Item Descriptions

Starters

Calamari alla Griglia (Grilled Calamari)

Many Italian restaurants offer grilled calamari; however, it is more commonly fried. Slices of calamari are marinated in lemon juice or olive oil then cooked on a grill over an open flame. Lemon wedges and marinara sauce for dipping are usually served on the side.

Gluten-Free Decision Factors:

- Ensure no wheat flour in sauce
- Ensure calamari is not battered

Sample Mexican Restaurant Menu

Starters

Ceviche (Raw Fish Salad)
Chile con Queso (Chili Cheese Dip)
Guacamole (Avocado Dip)
Queso Fundido (Cheese Dip)
Tortillas y Salsa (Chips and Salsa)

Soups

Posole (Chili Corn Soup)
Sopa Azteca (Lime Chicken Soup)

Salads

Ensalada (House Salad)
Taco Salad

Egg Dishes

Huevos Mexicanos (Mexican Eggs)
Huevos Rancheros (Ranch Style Eggs)

Antojos (Mexican Specialties)

Enchiladas
Enfrijoladas
Tacos
Tamales (Stuffed Corn Meal)
Tostadas Compuestas (Filled Corn Tortillas)

Meat Dishes

Arracheras (Flank or Skirt Steak)
Bistek (Steak)
Carne Asada (Broiled Beef)
Carnitas (Simmered Pork)
Machaca (Shredded Beef)

Sample Mexican Restaurant Menu

Chicken and Turkey Dishes

Mole
Pechuga de Pollo (Chicken Breast)
Pollo Asado (Broiled Chicken)

Seafood Dishes

Langosta (Lobster)
Paella Mariscos (Seafood and Rice)

Sides

Arroz (Rice)
Frijoles (Beans)

Desserts

Arroz con Leche (Rice Pudding)
Flan (Custard)
Helados (Ice Cream, Sherbet or Sorbet)

We would like to thank Freddie Sanchez, owner and chef of Adobo Grill in Chicago, Illinois and the Crawley Family of El Sombrero Patio Cafe in Las Cruces, New Mexico for their valuable contributions in reviewing the following menu items.

Mexican Menu Item Descriptions

Starters

Ceviche (Raw Fish Salad)

Ceviche is a popular starter enjoyed worldwide, specifically in Latin America and Spain. In most cases, it is raw white fish with chopped jalapeños, cilantro and onions tossed in lime juice with salt. Ceviche may also include other *mariscos* (seafood) such as calamari, crab,



Ceviche (Raw Fish Salad)

As is the case with most Asian cuisines, Thai food is designed to be enjoyed family style. Most food is brought to the table at one time in Thailand and they do not follow a course structure. Restaurants outside of Thailand allow you to eat your meal in a Western fashion. Finding a balance between dishes and sharing them with your table is a very important part of the Thai gastronomic experience. Due to the influences of Buddhism, Hinduism and Taoism on Thai culture, it is customary to order a combination of dishes that compliment each other, balancing noodle and rice dishes with meat and vegetable dishes.

Gkin Kao!
(Bon Appetit in Thai,
literally means “Eat Rice!”)

Sample Thai Restaurant Menu

Starters

Kanom Jeeb (Shrimp Dumplings)
Satay (Skewered Beef, Chicken or Shrimp)
Som Tam (Papaya Salad)
Summer Rolls

Soups

Tom Kha Gai (Chicken and Coconut Soup)
Tom Yum Groong (Spicy Shrimp Soup)

Noodle and Rice Dishes

Kaw Pad (Thai Fried Rice)
Pad See Yu
Pad Thai
Sticky Rice

Curries (Kang)

Kang Dang or Malay (Red Curry)
Kang Khiao Wan (Green Curry)
Kang Massaman (Tamarind Curry)
Kang Panang (Peanut Curry)

Beef Dishes

Braised Beef Short Ribs

Chicken Dishes

Gai Yang (Thai Barbeque Chicken)

Seafood Dishes

Pla Rad Prik (Crispy Whole Fish)

Desserts

Fresh Tropical Fruits
Sweet Sticky Rice
Tropical Fruit Sorbets