

# Seasons

## *Seasons...*

*A dining experience unique to the Carolinas.*

*At **Seasons**, our signature dishes feature the distinctive tastes and textures of the Carolinas. We use the finest products from local farms, mountain lakes and coastal waters to create a menu which reflects the flavors and rich traditions of our region. Our special seasonal menu items take advantage of the freshest natural ingredients available in our local markets.*

## **APPETIZERS AND SMALL PLATES**

**Pan Seared Crab Cakes with Garden Patch Greens, Coleslaw, and Bistro Sauce**  
**\$9.50**

**Grilled Shrimp with freshly squeezed Citrus and Fresh Herb BBQ Sauce**  
**\$8.75**

**Low Country Cakes with Rice, Black Eyed Peas, Bacon Bits,  
Scallions and Shredded Cheddar Cheese with Spicy Mayonnaise**  
**\$6.50**

**Crispy Fried 13 Wings, Tossed in Buffalo Sauce  
Served with Celery and Carrot Sticks with Blue Cheese Dressing**  
**13 Wings \$9.25**  
**Petite 6 Wings \$5.50**

## **SOUPS**

**French Onion \$4.95**  
**Onion Soup Scented with Burgundy, Croutons, Swiss and Parmesan Cheeses**

**Clam Chowder \$4.95**  
**Carolina Clam Chowder with Pork Belly, Mirepoix, Diced Chefs Potatoes,  
Lobster Base and Sweet Carolina Wine**

**Mediterranean Vegetable Soup \$4.95**  
**A Panoply of Fresh Seasonal Vegetables, Olive Oil, Garlic, Herbs and Freshly Grated  
Parmesan Cheese**

## **SALADS**

**Farmers Market Salad \$4.75**  
**Exotic Greens, Cucumbers, Tomatoes, Toasted Pecans and Dried Cranberries**

**Triangle Caesar Salad \$4.50**  
**Fresh, Crisp Chopped Romaine Lettuce served with our Creamy Caesar Dressing,  
Romano Pecorino Cheese and Baguette Triangles**

**Carolina Spinach Salad \$6.25**  
**Baby Spinach, Dried Cranberries, Mandarin Oranges, Toasted Sliced Almonds,  
and Marinated Bermuda Onions with Balsamic Vinaigrette**

### **Select the Protein for your Salad**

<b>Grilled Chicken Breast</b>	<b>\$4.00</b>
<b>Seared Salmon</b>	<b>\$8.00</b>
<b>Grilled Shrimp (6)</b>	<b>\$8.00</b>

## **ENTRÉE SALADS**

### **New Wave Cobb Salad \$10.50**

**Chopped Fresh Mixed Greens with Diced Grilled Chicken, Hard Boiled Egg,  
Bacon, Avocado and Blue Cheese Crumbles.  
Served with Champagne Vinaigrette**

### **Country Grilled Chicken Salad \$12.50**

**Diced Grilled Chicken Breast Tossed with Crispy Chopped Celery,  
Toasted Pecans, Dried Cranberries in Light Mayonnaise.  
Served with Fresh Seasonal Fruit and Garden Patch Greens**

## **ENTRÉES**

**Grilled 8oz Flat Iron Steak with Portobello Mushroom Reduction  
\$13.75**

**Asian Fried Boneless Chicken Breast with Sesame Oriental Dip  
\$14.25**

**Sautéed Chicken Breast with Roasted Tomatoes, Basil, Kalamata Olives  
And Artichoke Hearts Ragout  
\$15.50**

**Pan Fried North Carolina Trout with Bistro Sauce and Cole Slaw  
\$14.25**

**Skillet Seared Salmon Filet with Lobster Sauce  
\$14.25**

**Grilled Baby Back Ribs Slowly Cooked  
Basted with our BBQ Sauce  
\$14.50**

*The Above Entrees are served with your choice of Mashed Potatoes or Rice  
and Daily Selection of Vegetables*

**New Wave Grilled Jumbo Shrimp Lightly Glazed with Citrus, Cilantro BBQ Sauce  
Served with Sweet Potatoes and Grilled Asparagus  
\$15.75**

**A Southern Sampler of Crab Cake, Baby Ribs and Chicken Wings  
With Potato Salad, Cole Slaw, Bistro Sauce and Blue Cheese  
\$14.75**

**Thin Crust Pizza, Grilled Shrimp or Grilled Chicken Breast, Fresh Spinach,  
Grilled Asparagus with Mozzarella and Pecorino-Romano Cheeses  
\$12.25**

**Egg Linguini Nest with Fresh Herbs, Shallots, Garlic, Olive Oil,  
Diced Tomatoes and Pecorino-Romano Cheese  
\$12.25**

**Grilled Fennel Ravioli with Shrimp and Scallops  
Blended with Crab Meat in Lobster Sauce  
\$15.50**

**A Vegan Veggie and Tofu Stir-Fry of Fresh Vegetables, Mushrooms, Tofu and Brown  
Basmati Rice. Tossed in Chili Garlic Sauce  
\$13.25**