

SARATOGA ROSE INN

4136 Rockwell Street, Hadley NY
18 miles north of Saratoga off Route 9N, a 25 minute drive
518-696-2861


Fall 2005 MENU


~ APPETIZERS ~

Bruschetta with Goat Cheese & Marinated Olives 5.95
toasted French bread slices with broiled topping

Baked Brie 7.95
a split wedge filled with fig preserves wrapped in puff pastry & baked

Escargot under Pastry 8.95
tender escargot with mushrooms in garlic & white wine butter under phyllo

 **Smoked Trout**..... 8.95
served with caper & horseradish cream

 **Sea Scallops Panko** 9.95
lightly fried with flaky Japanese crumb crust & served with a ginger, scallion & soy dip

~ SOUPS ~

French Onion Soup au Gratin 5.95
with Gruyere cheese

Soup of the Day.....priced daily



~SALADS~

each featuring the Inn's freshly made dressings



Caesar 4.95
the "classic" with hearts of romaine & the Inn's own croutons




Baby Spinach, Pear, Walnut & Blue Cheese..... 5.95
with dijon mustard, lemon & fresh thyme vinaigrette

Baby Spinach with Hot Olive Oil & Slivered Garlic..... 6.95
served with shaved Asiago cheese

 **House Salad**..... 3.95
mixed field greens with choice of dressing:
blue cheese, or  raspberry, balsamic , or lemon-thyme vinaigrette





~ ENTREES ~

served with vegetable of the day & garlic mashed potatoes,  Provençal rice, or  cous cous with saffron

Chicken with Pancetta, & Rosemary	17.95	
sliced boneless breast sautéed in extra virgin olive oil with Italian bacon, capers, cherry tomatoes & rosemary in red wine sauce Malbec, Septima		
Chicken Parmigiana	16.95	
with marinara, Mozzarella, Romano & Parmesan over angel hair or linguine or with sides Chianti, Ruffino		
½ Duckling	24.95	
partially boned, roasted and served with our raspberry chipotle sauce Pinot Blanc, Pinot Gris, Gewürztraminer, Riesling, & Muscat, "One," Pierre Spaar		
Cajun Rubbed Loin of Pork with Bourbon & Molasses Glaze	18.95	
a New Orleans inspiration - grilled Zinfandel, Cellar 8, Asti Vinetards		
Richard's Veal	25.95	
sautéed medallions with shiitake mushrooms in shallot, white wine & cognac sauce with Boneless Breast of Chicken		18.95
Pinot Noir, "Russian River," Rodney Strong		
Frenched Rack of Lamb	25.95	
pan roasted and served with merlot, garlic & rosemary sauce Merlot, Rutherford Hill		
Black Angus New York Strip Steak	23.95	
Au Poivre	26.95	
with cracked black pepper & green peppercorn cognac sauce Cabernet Sauvignon, "Alexander Valley," Clos du Bois		
Filet Mignon	23.95	
with Italian Gorgonzola	25.95	
with Bearnaise Sauce	26.95	
Super Baby Tuscan, "Tre," Podere de Brancaia		
Beef Wellington	28.95	
individual filet mignon, coated with the Inn's pate & mushroom duxelles wrapped in puff pastry, baked & served with a madeira & cracked peppercorn sauce Red Meritage, Hahn Estate		
 Filet of Salmon	17.95	
 pan roasted and served pepper encrusted, or with dill hollandaise sauce Sauvignon Blanc, Markham		
Stuffed Shrimp Baja Style	24.95	
filled with goat cheese & a hint of fresh jalapeno peppers, wrapped in bacon & grilled served with fresh fruit salsa Albarino, Mar de Frades		
 Sea Scallops Sauté Basque Style	24.95	
with artichoke hearts, roasted red peppers and fresh herbs in a balsamic vinegar reduction Pouilly-Fuisse, Barton & Guestier		

~PASTAS~

served without side dishes

 Primavera	14.95
fresh vegetables in extra virgin olive oil, light garlic & white wine over linguine or angel hair	
 with Boneless Breast of Chicken	19.95
 with Shrimp and/or Sea Scallops	24.95
Sancerre, "Les Vignolles," Guy Saget	
 Frutti di Mare	24.95
shrimp, sea scallops & whole littleneck clams in extra virgin olive oil, garlic & white wine, or Fra Diavolo, in a peppery marinara sauce, over linguine or angel hair	
Grillo, Genofranco	
Pasta of the Day.....	priced daily

We use only 100% Canola Oil (no cholesterol) for our deep-fried foods

There is a \$2 plate charge to split a salad, \$5 to split an entrée ~ 18% Gratuity will be added for parties of 6 or more

The paintings in the Dining Rooms & Bar by our Executive Chef, Richard Ferrugio, are available for purchase

Luncheons, Rehearsal Dinners, Garden Weddings, Receptions & Off-premises Catering




Traditional Mediterranean Cuisine and the Heart Healthy Restaurants Program

Traditional Mediterranean Cuisine as represented in much of this menu not only tastes great - it's great for your heart. In fact, regularly eating this way has been shown in a groundbreaking medical research trial to decrease heart disease risk by an impressive 70%*. Mediterranean people have been eating this way and enjoying life to the fullest for 3,000 years.

Traditional Mediterranean Cuisine emphasizes:

- Multiple courses shared in a relaxed atmosphere with family/friends
- The freshest ingredients, minimally refined and processed
- Generous portions of vegetables sautéed in the magnificent oil of the olive
- The use of Omega-3 fats from multiple sources including walnuts and almonds
- Lean cuts of meat
- Whole grain breads and, of course, pasta

The Center for Preventive Medicine and Cardiovascular Health of Prime Care Physician's P.L.L.C. has teamed up with Saratoga Rose Inn to develop menu choices which taste great and are especially good for your heart. Items on this menu marked with the heart  symbol have a composition which promotes the highest dietary standards of heart health.

For more information on the Heart Healthy Restaurants Program and the select area restaurants which are participating, visit the program section of our web site at www.CenterForPreventiveMedicine.com

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*The Lyon Diet Heart Study published in the American Heart Association Journal Circulation, 1999.



**Center for
Preventive Medicine
& Cardiovascular Health**