

## **SAMPLE MENU INSPIRED BY THE MEDICINE WHEEL**

### **The Beginning**

Soup: Cream of Wild Rice

Salad: Radicchio Cup with Sweetgrass Vinaigrette

Cold Crostini: Smoked Salmon Mousse with Garlic Shrimp

Hot Crostini: Brie & Cranberry

### **The Journey**

Air: Crispy Duck with Cherry Sauce

Land: Bison with Sage Butter

Water: Pan Seared White Fish

Earth: Roasted Root Vegetable Skewer

### **The Feast**

Red: Roasted Stuffed Tomato

Yellow: Herb Roasted Corn

White: Potato Two Ways

Black: Seared Elk Chop with Juniper & Black Pepper Glaze

### **The Finale**

Hot: Bannock with Blueberries

Frozen: Apple Pie Fry Bread Ice Cream

Cold: Strawberry Basil Shooter

Warm: Chocolate Mousse Moose

**CHARGER**

**FOODS**