

# Graham's Grille *by Lesley B Fay*



## VALENTINES DAY

*Monday, February 14<sup>th</sup>*

**Guitar Music by Vicki Pfeiffer &**

**A Special Poem of Food & Love by Paula Bernett**

*For Valentine's Day, we have added an additional dose of love to our menu.*

*Love from music by Vicki, love from poetry by Paula and love from food by Lesley. We have included information on the aphrodisiac (aphrodisiac comes from Aphrodite, the goddess of sexuality and love qualities of the menu.*

*Oysters are probably one of the best known aphrodisiacs. There are also hundreds of other things revered for their aphrodisiac qualities Here are some examples: anchovies, licorice, lard, scallops, chilies, curries, chocolate, frog legs, monkey brains, sugarplums, ostrich delicacies, truffles, goat's eyes, cucumbers, asparagus spears, hazelnuts, strawberries and candied red rose petals.*

*I decided that most of you would not want monkey brains or goats eyes so here is my delicious sexy Valentines Menu for you and the one you love.*

### Desserts First

#### **Mexican Banana Changa 8.5**

**Banana with cinnamon & sugar, wrapped in a tortilla & fried, served with Vanilla Ice Cream, Rum Caramel Sauce & Mexican Chocolate Sauce**  
*Bananas are sexy because of an enzyme bromelain in it which helps male sexual performance.*

#### **Baked Alaska 9**

**Strawberry Ice Cream on Sponge Cake covered with Baked Sugared Meringue**  
*According to legend, when Adonis died Venus wept uncontrollably. The tears rolled down her cheek and dropped to the earth turning into heart shaped strawberries.*

#### **Red Velvet Cake with Chocolate Ice Cream 8.5**

*Why does eating chocolate make us so happy? The "food of the gods" helps the brain produces feel-good serotonin. What better than red chocolate?*

#### **Citrus Shortbread Torte 8.5**

**Citrus creamy filling & lemon curd between two pistachio shortbread crusts**  
*Citrus fragrances can do a really good job to stir up a woman's passion.*

## VALENTINES DAY



## **Starter Choices**

### **Conch Fritters with Spicy Aioli 11**

*You're probably familiar with Conch because of its shell: a beautiful pink curl nearly a foot long. The shell covers a huge piece of white meat mollusk, similar to abalone. Many islanders swear by its aphrodisiac qualities; even if it doesn't work, conch is so tasty its well worth a try.*

### **Oysters on the Half Shell 15**

*These mouthwatering mollusks are a classic aphrodisiac. Casanova ate 50 raw oysters every day.*

### **Pumpkin Hazelnut Soup 9**

*Hazelnuts have a reputation of being an aphrodisiac maybe because 'nutting' was a community event that provided welcome opportunities for disappearing behind the bushes with a sweetheart.*

### **Dried Apricot, Candied Chile Cashew & Spinach Salad with Baked Brie 13**

*Shakespeare drew upon the apricot's reputation as an aphrodisiac in *A Midsummer Night's Dream*.*

## **Entree Choices**

### **Ribeye Steak with Kopke Port Wine Sauce 23**

*Port is considered among the wine world's top aphrodisiacs.*

### **Cochinita Pibil (Achiote Pork) wrapped in Banana Leaves 18 served with anise black beans, fried plantains, & saffron rice**

*Foods spiced with peppers are supper aphrodisiacs. Now we know why New Mexicans are romantics. Cleopatra used saffron in her baths so that lovemaking would be more pleasurable.*

### **Mahi Mahi with Passion Fruit Beurre Blanc & Coconut Milk Rice 19**

*Passion fruit... need I say more? Coconut, is a symbol of fertility and has a strong aphrodisiac effect.*

### **Hazelnut Crusted Chicken Breast with Frangelico Cream on Risotto 18.5**

*Hazelnuts fit into the sexual prowess enhancing category and the word "breast"!!!*

### **Tomato & Fresh Basil Sauce on Angel Hair topped with Baked Goat Cheese 16**

*Basil is said to kindle the sex drive and increase fertility.*

### **Ras el Hanouf rubbed Salmon stacked with Spinach, Tomato Dill Tapenade & Puff Pastry Triangles 20**

*Ras El Hanouf is believed to be an aphrodisiac.*

*It can contain over 100 ingredients, rarely found in Western foods.*