

# Seasons & Regions

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## SEAFOOD GRILL

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PORTLAND, OR

### AUGUST CHEAP EATS

EVERY DAY 4:00 PM TO 5:00 PM & 8:00 PM-CLOSE

EXCLUDING HOLIDAYS

NO ALTERATIONS OR SUBSTITUTIONS

MINIMUM ONE BEVERAGE PER PERSON IN HOUSE

ADD ONE DOLLAR PER ITEM FOR TAKEOUT

**8.95**

#### FRIED GREEN BEANS

SEASONED FLOUR DREDGED & QUICK FRIED GREEN STRING BEANS, TOPPED W/ CAJUN SPICED ONION STRAWS. SERVED W/ SMOKED LEMON & HERB WHITE BBQ SAUCE

#### GREEK ATHENA VEGGIE SAUTÉ

SAUTÉED MUSHROOM, TOMATO, ONION, BELL PEPPER, KALAMATA OLIVE & FRESH BASIL, IN OUR CHICKEN SUPREME SAUCE, SERVED OVER JASMINE RICE AND FINISHED WITH CRUMBLED FETA.

#### HAM & PIMENTO CHEESE FLAUTAS

COUNTRY HAM W/ DICED JALAPENO & HOUSE PIMENTO CHEESE WRAPPED IN FLOUR TORTILLAS & FRIED CRISPY. SERVED W/ CHIPOTLE DIPPING SAUCE

**9.95**

#### CARNITAS QUESADILLA

SW BRAISED PORK W/ RED ONIONS & TOMATOES GRILLED IN A GRANDE CHIPOTLE TORTILLA W/ JALAPENO JACK. SERVED W/ SALSA FRESCA & SOUR CREAM

#### SUNDAY FRIED CHICKEN PLATE

CRISPY FRIED CHICKEN BREAST, CHICKEN GRAVY, ENGLISH PEAS, BLACK GARLIC CORN CASSEROLE & HONEY-JALAPEÑO SLAW.

#### SMOKED CHICKEN SALAD WRAP

HOUSE-SMOKED CHICKEN SALAD WITH CRISP APPLES, TOASTED WALNUTS, DRIED CRANBERRIES, ONION, CELERY & HERBS, WRAPPED WITH CRISP ROMAINE IN A WARM FLOUR TORTILLA. SERVED W/ CHIPS

**11.95**

#### SHRIMP BASIL PESTO & RICE

WHITE SHRIMP SAUTÉED W/ MUSHROOM, RED PEPPER, ONION, KALE, TOMATO, & BASIL PESTO CREAM SAUCE TOPPED W/ PARMESAN & SERVED WITH JASMINE RICE

#### SMOKED SALMON CREPES

SMOKED SALMON, MOZZARELLA, SPINACH, RED PEPPER, MUSHROOM & ONION FILLED CREPES TOPPED W/ BÉCHAMEL SAUCE & PARMESAN

#### TAJIN MANGO SHRIMP BOWL

POACHED TIGER SHRIMP TOSSED W/ TAJIN, MANGO, CUCUMBER, RED ONION, BELL PEPPER, AVOCADO, SERRANO PEPPER, LIME JUICE, & CILANTRO. SERVED IN A FRIED FLOUR TORTILLA BOWL & W/ TORTILLA CHIPS

#### ALASKAN HALIBUT CAKES

FRESH ALASKAN HALIBUT CAKES SEASONED W/ FRESH DILL, DIJON & CHIVES. SERVED W/ SAUTÉED VEGETABLES, GARLIC MASHED POTATO & REMOULADE SAUCE

#### OREGON DOVER SOLE PARMESAN

WILD & FRESH OREGON DOVER SOLE, PARMESAN PANKO BREADED & GRILLED GOLDEN. SERVED W/ BEURRE BLANC SAUCE, CRISPY CAPERS, GARLIC MASHED POTATOES & SAUTÉED GARDEN VEGETABLES

**SWEETS 6.00**

#### BLUEBERRY PEACH CRISP

BLUEBERRIES & PEACH BAKED W/ OATMEAL STREUSEL CRUST. SERVED HOT W/ CRÈME ANGLAISE.

#### FLORIDA KEY LIME PIE

TRADITIONAL KEY WEST FLORIDA RECIPE. GRAHAM CRACKER BUTTER CRUST, WHIPPED CREAM & RASPBERRY BRANDY SAUCE