



ROWLAND'S



HOT STARTERS

Hawaiian Blue Spot Prawns 11.95

Sauteed with Tomatoes, Edamame
and Garlic over Grilled Sourdough

Sauteed Jumbo Lump Crabcake 10.95

Accompanied by Celeriac Remoulade

Classic French Onion Soup 9.95

Caramelized Onions, Garlic and Veal Stock

Cheese Fondue For One 9.95 For Two 14.95

Chef's Choice of Cheese with Accoutrements for Dipping



COLD STARTERS

Rowland's House Salad 7.95

Chef's Choice of Greens

Grilled Raddichio and Oregon Blue Vein Salad 8.95

Asian Pear and Quince Chutney with Pomegranate Molasses

Wilted Spinach Salad 9.95

Mushrooms, Bacon, Onions and Parmesan Cheese
with a Warm Dijon Vinaigrette

Rowland's proudly incorporates fresh organic produce
from our gardens and those of local growers
to enhance your dining experience.





ROWLAND'S



FROM THE SEA

Miso Grilled Ahi Tuna 30.95

White Bean Puree, Lemon Confit and Aged Soy

Marinated Wild Sea Bass 29.95

Broiled with a Sake Glaze and served with Black Forbidden Rice and Organic Carrot
Ginger Froth

Pan Roasted Trout Fillet 26.95

Anson Mills Carolina Gold Rice, Mussels, Winter Squash and Saffron Butter



FROM THE LAND

Rowland's New York Strip Steak 35.95

Roasted Marble Potatoes, Melted Leeks, Garden Herb Chimichurri

Roasted Springer Mountain Chicken 25.95

Spaghetti Squash Vermicelli, Salt Baked Beets and Natural Jus

Braised Veal Osso Bucco 31.95

With Marrow and Pomme Puree

Grilled Kuraboto Pork Tenderloin 29.95

Smoked Tomato, Wild Mushroom, Cannellini Bean Ragout with Madeira Sauce
and Whole Grain Mustard Slaw



FROM THE EARTH

Orecchiette with Winter Vegetables 18.95

Shaved Parmesan and Truffle Oil

Roasted Root Vegetable Plate 14.95

Chef's Choice of Winter Vegetables





ROWLAND'S



DESSERTS

- Sylvia's Chocolate Molten Lava Cake 8.95**
- Maple Crème Caramel 9.95**
- Fondue for Two 16.95**
- Trio of House Made Sorbet 7.95**
- House Made Ice Cream 6.95**
- Assorted Cheese Plate 10.95**



SWEET ENDINGS

- Warre's Ruby Port 6**
- Graham's 10 Year Tawny Port 9.5**
- Dow's 20 Year Tawny Port 14.5**
- Harvey's Bristol Cream Sherry 6**
- Chateau Filhot Sauterne 11**
- Bonny Doon Framboise 9**



COFFEES AND TEAS

- French Press Coffee 3.5**
- Espresso 4.5**
- Cappuccino 5**
- Irish Coffee 5.5**
- Specialty Teas 3**



Food Item	Calories		Fat		Cholesterol		Sodium		Carbohydrates		Protein		Vitamins		Minerals	
	Total	From Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron		
Crab Cake	90	10	1.5g 2%	0g 0%	35mg 12%	270mg 11%	9g 3%	0g 0%	0g	10g	2%	6%	8%	6%		
Blue Spot Prawns	130	30	3.5g 5%	1g 6%	20mg 7%	440mg 18%	21g 7%	1g 5%	1g	5g	15%	15%	4%	6%		
Rowland's House Salad	100	60	7g 10%	1g 6%	75mg 25%	180mg 7%	9g 3%	5g 21%	1g	4g	20%	30%	6%	10%		
Sherry Balsamic	30	20	2.5g 3%	0g 0%	0mg 0%	250mg 10%	3g 1%	0g 0%	2g	0g	0%	0%	0%	0%		
Miso Tuna	180	20	2.5g 4%	0g 0%	45mg 15%	920mg 38%	12g 4%	3g 12%	3g	28g	90%	30%	6%	15%		
Trout	360	80	9g 14%	2.5g 12%	95mg 31%	320mg 13%	34g 11%	4g 15%	4g	38g	110%	35%	15%	30%		
Chicken	280	80	9g 13%	1.5g 8%	95mg 31%	330mg	14%	13g 4%	2g 9%	36g	2%	10%	6%	10%		
Wild Sea Bass	260	50	6g 9%	1g 5%	55mg 7%	200mg 8%	24g 8%	0g 0%	1g	26g	6%	0%	2%	8%		
Root Vegetable	190	45	5g 0%	0g 0%	0mg 0%	560mg 23%	35g 8%	8g 34%	12g	4g	320%	60%	6%	10%		

