

[YOUR BRAND]

A Salt-Free Dinner

Four courses · New York City · [Date]

I Fluke Crudo, Cucumber & Green Apple

Thinly sliced fluke, compressed cucumber, green apple, finger lime, chili-fennel oil, dill, charred lemon.

Cooked, not raw. The same fluke, lightly seared and served warm against the cold garnish.

Vegetarian. Shaved kohlrabi and daikon pickled in verjus, with a crisp kohlrabi chip.

II Cavatelli, Roasted Garlic & Charred Zucchini

Hand-rolled semolina cavatelli, roasted garlic emulsion, charred zucchini, basil, lemon zest, crisp sourdough crumb, cold-pressed olive oil.

III Seared Duck Breast, Sour Cherry & Glazed Turnip

Crisp-skinned duck breast, sour cherry gastrique, honey-glazed baby turnips, charred savoy cabbage, brown butter, cracked black pepper.

Chicken instead of duck. Skin-on chicken breast basted in brown butter and thyme, sliced over the same cabbage and gastrique.

Vegetarian. House-made seitan seared in olive oil with a burnt-honey glaze.

IV Poached Pear, Lemon Sponge & Blueberry

Pear poached in Riesling and vanilla, lemon olive oil sponge, blueberry compote, thyme, unsweetened whipped cream.

HOW THIS MENU WAS BUILT

No salt is added to any dish. Every course was designed with a renal dietitian against sodium, potassium, phosphorus and protein targets. The full breakdown is printed overleaf.

AT THE TABLE

Wine is poured in 2 oz tasting measures to respect fluid limits, and every course has a non-alcoholic pairing. Courses two and four are vegetarian as served.