

Dining Guide—The 8

August 21–September 1, 2017

*Executive Chef &
General Manager*

John Mehl

Chef de Cuisine

Benton Litteneker

Program Assistant

Lenora Seastres

Hours of Operation

Breakfast Monday–Friday, 6:30–9 a.m. | Saturday–Sunday 7–9 a.m.

Lunch 11 a.m.–1:30 p.m.

Dinner 5–7 p.m.

Breakfast

Daily Breakfast Options

Local cage-free eggs scrambled with a little salt and pepper
Roasted seasoned potatoes
Hickory-smoked bacon
Classic sausage links
Whole grain pancakes or waffles
Biscuits and gravy
Fruit and yogurt bar
Cold and hot cereals

Featured Scrambles

Monday, August 21

Caprese—fresh mozzarella, tomatoes and basil

Tuesday, August 22

Chorizo—chorizo sausage with pico de gallo and cotija cheese

Wednesday, August 23

Green Eggs & Ham—prosciutto, basil pesto and Italian cheeses

Thursday, August 24

Farmer's—bacon, roasted potatoes, peppers, onions and cheddar cheese

Friday, August 25

NOLA—tasso ham, corn, peppers and jack cheese

Saturday, August 26

Chef's choice

Sunday, August 27

Chef's choice

Monday, August 28

Pesto—basil pesto, Italian cheeses and tender portobello mushrooms

Tuesday, August 29

Santa Fe—roasted green chile, corn, black beans and pepper jack cheese

Wednesday, August 30

Denver—local ham, peppers, onions and Tillamook cheddar

Thursday, August 31

Homer's Odyssey—fresh spinach, sun-dried tomatoes and feta cheese

Friday, September 1

Chef's choice

~ All scrambles are made with local organic cage-free eggs ~

Lunch

Concept Options

The 8 is home to the following dining destinations.

Wild Greens

Our salad bar, with a large selection of freshly prepared fruits and vegetables, greens and dressings

Tossed-to-Order Salad Station (lunch only)

Specialty salads that are prepared and dressed before your eyes

Deli (lunch only)

Fresh, made-to-order sandwiches with your choice of meats, cheeses, garnish and spreads

Abundo

Global cuisines and a pasta bar, Abundo serves home-style meals as well as more adventurous, international fare

Pagliacci Pizza

Seattle's premier pizzeria

Broiler Zone

Cheeseburgers, fried chicken, corn dogs, fries and daily specials

Salad & Sandwich Specials

Monday, August 21

Salad: Greek summer salad with feta, kalamata olives, tomatoes, red onions, English cucumber and lemon-mint dressing atop a bed of crisp greens

Sandwich: Chicken Caesar wrap—grilled chicken, Caesar dressing, tomatoes and lettuce in a spinach tortilla

Tuesday, August 22

Salad: Tropical shrimp salad with mango, pineapple and sherry-vinaigrette dressing

Sandwich: Roast beef with gorgonzola, caramelized onions and balsamic aioli

Wednesday, August 23

Salad: Caprese salad with fresh mozzarella, tomatoes, basil, cucumbers and basil-pesto vinaigrette

Sandwich: Banh mi—baguette with cucumber, carrots, marinated chicken, sriracha mayo and cilantro

Thursday, August 24

Salad: Cobb salad with grilled chicken, bacon, egg, tomato and blue cheese

Sandwich: Garden wrap—roasted vegetables, hummus, feta, tomato and pepperoncini in a spinach wrap

Friday, August 25

Salad: Vietnamese pork or tofu salad with rice noodles, marinated cucumbers and carrots, fresh herbs and vegan nuoc cham dressing

Sandwich: French market baguette with hardwood-smoked ham, Swiss, grain mustard marmalade, roasted onions and fresh arugula

Monday, August 28

Salad: Blue cheese and bacon with blue cheese vinaigrette, tomato and cucumber

Sandwich: Cubano—toasted baguette with ham, roasted pork, Swiss, pickle and mustard

Tuesday, August 29

Salad: Southwest salad with marinated chicken, corn and black bean salsa, sautéed peppers and onions and southwest dressing

Sandwich: Italian club—smoked ham, salami, prosciutto, provolone, lettuce, tomato and red onion with roasted garlic aioli

Wednesday, August 30

Salad: Shrimp soba—buckwheat noodles and vegetables in a ginger-sesame dressing topped with wasabi shrimp

Sandwich: Curried chicken salad with lettuce, tomato and red onion

Thursday, August 31

Salad: Chef's choice

Sandwich: Chef's choice

~ All salads can be made vegetarian upon request ~

Lunch

Abundo Pasta Station

Choose from our daily offerings of housemade marinara and Alfredo sauce over pasta or our featured daily specials. Accompaniments include marinated and grilled chicken breast, Italian beef and pork meatballs, Italian pork or chicken andouille sausage and Parmesan garlic bread sticks.

Monday, August 21

Entrée: Sweet and sour pork
Chicken chow mein
Broccoli beef
Fried rice, egg rolls, pot stickers
Stir fry vegetables, jasmine or brown rice
Pasta: Basil-pesto Alfredo sauce with grilled chicken

Tuesday, August 22

Entrée: Chicken tinga, beef or pork verde tacos
Poblano, ancho, corn and mushroom tacos
Black beans, pinto beans, cilantro rice,
Spanish rice, fajita vegetables, salsa bar
Pasta: Carbonara—creamy Alfredo sauce with Italian bacon and peas

Wednesday, August 23

Entrée: Pesto-and-Parmesan-baked local salmon
Roasted pork loin with kalamata-tomato tapenade
Caper rice pilaf, roasted-garlic mashed potatoes,
green beans and fennel, rosemary-roasted
cauliflower
Pasta: Bolognese with red wine and herb-braised
beef

Thursday, August 24

Entrée: Tagliata—garlic-rosemary grilled flank
steak with Parmesan gremolata
Orange balsamic-glazed roasted chicken
Creamy polenta, ratatouille,
pesto mashed potatoes, broccolini
Pasta: Cheese tortellini with prosciutto, sage,
white wine and peppers

Friday, August 25

Entrée: Mojo pork loin with pineapple salsa
Cuban shrimp with tomato and herbs
Black beans, yellow rice, green beans, lime slaw
Pasta: Lamb ragu with mushrooms, roasted garlic
and onions topped with feta cheese

Saturday, August 26

Entrée: Chef's choice

Sunday, August 27

Entrée: Chef's choice

Monday, August 28

Entrée: Makhani—Indian butter chicken
Madras curry shrimp and vegetables
Basmati rice, brown rice, Indian carrot salad,
spice-roasted cauliflower, housemade chutneys
and pickled lemons
Pasta: Baked quattro formaggi of mozzarella,
asiago, Parmesan and gorgonzola in a creamy
roasted-garlic Alfredo sauce

Tuesday, August 29

Entrée: Baked chicken with marsala
mushroom sauce
Steak au poivre—pepper-crusting grilled beef with
a green peppercorn sauce
Wild rice pilaf, tarragon carrots,
roasted-garlic mashed potatoes, green beans
Pasta: Amatriciana—spicy red sauce with
Italian bacon and herbs

Wednesday, August 30

Entrée: Cocoa chile pork, sweet chipotle sauce
Black pepper salmon with cilantro salsa verde
Black beans, smoked tomato rice, cotija corn,
zucchini, tortillas
Pasta: Al funghi—rich cream sauce with roasted
mushrooms, truffle and herbs

Thursday, August 31

Entrée: Nyama choma—African short ribs
Kuku paka—Kenyan curried chicken stew
Coconut rice, sautéed greens, carrots and cabbage,
red lentils
Pasta: Tortellini Adriatica—cheese tortellini with
capers, olives, crushed red peppers, feta, herbs and
white wine

Lunch & Dinner

Broiler Zone Featured Burgers

Monday, August 21

Pork Torta—pork carnitas, cotija cheese, pickled onion slaw, habanero mayo

Tuesday, August 22

The Souk—crispy chicken, chermoula, honey-harissa mayo

Wednesday, August 23

Turkey burger with pepper jack cheese, guacamole and ancho chile mayo

Thursday, August 24

8 Deluxe—all-beef patty with bacon, smoked Gouda and Parmesan aioli

Friday, August 25 (lunch only)

Kickin' Chicken—crispy chicken, buffalo sauce, blue cheese mayo

Monday, August 28 (lunch only)

Smokehouse—all-beef patty with bacon, cheddar, barbecue sauce and a fried onion ring

Tuesday, August 29 (lunch only)

Banh Mi Burger—crispy chicken with sriracha mayo and cilantro slaw

Wednesday, August 30 (lunch only)

North Woods Forager—all-beef patty with Swiss, zone sauce and a selection of sautéed local and wild mushrooms

Thursday, August 31 (lunch only)

Spicy Fish—crispy cod with cheddar cheese and Mama Lil's mayo

~ All meats can be substituted with vegetarian patties upon request ~

Dinner

Abundo Pasta Station

Choose from our daily offerings of house made marinara and Alfredo sauce over pasta or our featured daily specials. Accompaniments include marinated and grilled chicken breast, Italian beef and pork meatballs, Italian pork or chicken andouille sausage and Parmesan garlic bread sticks.

Monday, August 21

Entrée: Spice-roasted Moroccan chicken with artichoke, green olive and lemon sauce
Beef tagine with peas and saffron
Harissa-roasted vegetables, herb couscous, apricot-pine nut rice, ras el hanout carrots

Pasta: Roasted mushroom Alfredo sauce with basil pesto

Tuesday, August 22

Entrée: Beef bulgogi
Korean fried chicken
Jasmine or brown rice, stir fry or marinated vegetables, kimchi fried rice

Pasta: Italian sausage in a tomato cream with roasted red peppers and garlic

Wednesday, August 23

Entrée: Greek shrimp with garlic, tomatoes and herbs
Rosemary-roasted leg of lamb with olives and feta
Herb gnocchi, tarragon carrots, basil green beans, lemon roasted Yukon gold potatoes

Pasta: Sun-dried tomato Alfredo sauce with artichoke hearts and basil

Thursday, August 24

Entrée: Chicken cacciatore—chicken with tomatoes, mushrooms and rosemary
Eggplant Parmesan
Herb pasta, broccolini, grilled zucchini and peppers, Parmesan polenta

Pasta: Chef's choice

Friday, August 25

Entrée: Pan-seared local salmon with honey-tamari glaze
Shiitake mushroom and vegetable stir fry
Jasmine rice, brown rice, sesame edamame, stir fry vegetables, cucumber salad

Pasta: Chef's choice

Saturday, August 26

Entrée: Chef's choice
Pasta: Chef's choice

Sunday, August 27

- Entrée:*** Kalua pork
Huli huli chicken
Tofu poke
Macaroni salad, jasmine and brown rice, ginger broccoli, sesame slaw
- Pasta:*** Gorgonzola cream with prosciutto, herbs and toasted walnuts

Monday, August 28

- Entrée:*** Memphis-style pork chops
Tabasco shrimp and peppers
Red beans, trinity rice, brown rice, fried okra, Cajun corn and peppers
- Pasta:*** Italian sausage, kalamata olives, roasted red peppers, green olives, herb tomato sauce

Tuesday, August 29

- Entrée:*** Honey barbecue chicken
Texas-style beef brisket
Macaroni and cheese, red potato salad, corn, baked beans, slaw, corn bread
- Pasta:*** Chef's choice

Wednesday, August 30

- Entrée:*** Thai shrimp curry, pineapple fried rice
Jasmine or purple rice, cucumber salad, spicy pickled carrots, peanut green beans
- Pasta:*** Chef's choice

Thursday, August 31

- Entrée:*** Red wine-braised beef and bacon, eggplant Parmesan
Parmesan polenta, roasted carrots, herb-mashed potatoes, broccolini
- Pasta:*** Chef's choice

Enjoy!

*If you have any questions or comments regarding The 8's dining service,
please call our office at 206-616-8026.*

We look forward to serving you!