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-crusted 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

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**Enjoy!**

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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!