

**Planet Bliss**  
**23 North Ferry Road**  
**Shelter Island NY 11964**  
**planetbliss@gmail.com**  
**[www.planet-bliss.com](http://www.planet-bliss.com)**  
**631-749-0053**

## **Lunch / Dinner**

Take a minute to review menu options and check off your choices. We are happy to discuss alternative menu options. Please let us know.

### **Fish/Seafood**

- ◇ bliss coconut thai stew, shrimp, mussels, yams, chilies and fresh basil
- ◇ baked stuffed flounder
- ◇ cumin crusted tilapia, sautéed greens, roasted corn salsa, guacamole
- ◇ grilled tuna, soba noodles, blood orange ginger sauce, wilted watercress
- ◇ seared tuna steaks
- ◇ pan seared grouper, mashed sweet potatoes, sautéed spinach, roasted shallot pepper sauce
- ◇ seafood paella
- ◇ penne, shrimp, sundried tomatoes, shallots, pesto
- ◇ poached salmon, dill hollandaise sauce
- ◇ salmon, sherry shallot glaze
- ◇ seared sesame salmon, shitake mushrooms, scallions, sautéed bok choy
- ◇ sea scallops, baby bok choy, shitake mushrooms, miso broth, buckwheat noodles, fresh scallions
- ◇ seafood gumbo, shrimp, lobster, rice
- ◇ seared halibut, roasted heirloom tomatoes, fresh basil, mashed potatoes, french beans
- ◇ seared sardines, spanish romesco sauce, roasted potatoes, ratatouille
- ◇ striped bass, chive risotto, white wine leek sauce, sautéed greens
- ◇ tilapia, lime cilantro sauce

### **Poultry**

- ◇ buttermilk fried chicken, mac and cheese, garlicky green beans
- ◇ bbq chicken
- ◇ chicken breast, sherry gloss, mushrooms, mashed potatoes, spinach
- ◇ chicken mediterranean, marsala or francese
- ◇ chicken quesadillas
- ◇ chipotle chicken salad on brioche
- ◇ grilled free-range half chicken marinated in rosemary, thyme and lemon, mashed potatoes, sautéed kale
- ◇ roasted chicken, roasted root vegetables
- ◇ duck breast, cider cinnamon gloss
- ◇ roasted duck, red onion risotto, sherry peppercorn sauce

**Planet Bliss**  
**23 North Ferry Road**  
**Shelter Island NY 11964**  
**planetbliss@gmail.com**  
**[www.planet-bliss.com](http://www.planet-bliss.com)**  
**631-749-0053**

## **Lunch / Dinner**

### **Meat**

- ◇ asian flank steak
- ◇ bbq ribs
- ◇ carne asada
- ◇ grilled sirloin, fresh tarragon, mushrooms, mashed potatoes
- ◇ new york strip, chimichurri sauce
- ◇ caribbean lamb kabobs
- ◇ grilled lamb chop, fresh herb mustard sauce, roasted red onion risotto
- ◇ herb crusted rack of lamb, roasted potatoes, french beans
- ◇ jerk spiced lamb kabobs, rice, pineapple chutney, vegetables, plantains
- ◇ mustard herb crusted lamb chops
- ◇ london broil au jus
- ◇ pork loin, apple chutney
- ◇ roasted pork tenderloin, caramelized apples, sweet potatoes, brussel sprouts
- ◇ sliced pork tenderloin, garlic mashed potatoes

### **Vegetarian**

- ◇ homemade pizza
- ◇ herb gnocchi, truffle butter, artichokes and wilted greens
- ◇ lasagna, eggplant, mushrooms and fresh mozzarella
- ◇ mediterranean stuffed pepper, goat cheese, artichokes, olives, sautéed greens, rice
- ◇ sesame vegetable stir-fry, smoked tofu, asian noodles
- ◇ smoked tofu, baby bok choy, shitake mushrooms, miso broth
- ◇ stuffed peppers
- ◇ stuffed artichoke, roasted garlic, tomatoes, peppers, pine nuts, mushroom cous cous, saffron garlic sauce

### **Pasta (all pastas are homemade)**

- ◇ herb gnocchi, truffle butter, artichokes, wilted greens
- ◇ lasagna, eggplant, mushrooms, fresh mozzarella
- ◇ linguine, good old fashioned meatballs, tomatoes, basil
- ◇ meat lasagna
- ◇ lobster ravioli
- ◇ ricotta spinach walnut ravioli, brown butter sage sauce
- ◇ tortellini carbonara

**Planet Bliss**  
**23 North Ferry Road**  
**Shelter Island NY 11964**  
**planetbliss@gmail.com**  
**[www.planet-bliss.com](http://www.planet-bliss.com)**  
**631-749-0053**

## **Lunch / Dinner**

### **Pasta Sauces**

- ◇ artichoke ricotta pesto
- ◇ arrabiatta
- ◇ tomato cream
- ◇ tomato vodka

### **Sides**

- ◇ asian sesame noodles, shallots, vegetables
- ◇ baby bok choy, asian vinaigrette
- ◇ brussel sprouts, bacon
- ◇ basmati rice, sweet onions, summer herbs
- ◇ orzo, grilled vegetables, feta
- ◇ garlic green beans
- ◇ garlic mash potatoes
- ◇ green beans, shallots
- ◇ grilled summer vegetables
- ◇ grilled tomatoes, onions
- ◇ potato gratin
- ◇ grilled corn
- ◇ mashed potatoes
- ◇ mashed sweet potatoes
- ◇ orange scented cous cous
- ◇ risotto
- ◇ roasted root vegetables
- ◇ rosemary roasted potatoes
- ◇ tabbouleh
- ◇ sautéed mixed greens (kale, spinach)
- ◇ wild rice pilaf