



ROUGE TOMATE CHELSEA – HEALTH THROUGH FOOD

Our mission is to provide an extraordinary dining experience that supports the total well-being of the individual and the environment.

RAW

Our selection of raw dishes offers a diverse selection of fish and shellfish, to encourage guests to try less common species. In addition, Rouge Tomato Chelsea seeks to always include a selection of dishes that contain the heart-healthy essential omega-3 fats.

East Coast Oysters

pineapple tamarind mignonette / shiso

Our oysters come from various east coast locales and are classified as a sustainable seafood choice. The Monterey Bay Seafood Watch lists eastern coast oysters as a best choice because environmental impacts of farming plankton-filtering species like oysters are minimal. Oysters are known for being extremely high in vitamin B12 and zinc and also high in vitamin D and iron. In fact, the 6 oysters in this starter provide nearly 300% of your daily requirement of B12, essential vitamin for brain function and energy production, and 500% of your daily requirement for zinc. Lastly, oysters contain heart-healthy omega-3 fats which can reduce inflammation.

Walu Carpaccio

avocado purée / radish / yuzu

This walu is sourced through the Honolulu Fish Co. in Hawaii, one of the most renowned and respected purveyors of Pacific Ocean fish. While walu is commonly referred to as white tuna, it is not a tuna at all. The walu, avocado and dressing in this dish provide healthy unsaturated fats, including essential omega-3 fats. The dish also provides antioxidants selenium from the walu and vitamin C from the jalapeno pepper. These antioxidants help protect cells by neutralizing free radicals.

Pickled Mackerel

charred potato / dill / cucumber / yogurt

The mackerel in this dish is sourced from the northern Atlantic which is rated as a 'Best Choice' by the Monterey Bay Seafood Watch and is also rated as a low mercury source of fish. Mackerel is a fatty fish, contributing adding healthy omega-3 fats to this dish and together with the other ingredients, this plate is an excellent source of vitamin B12 and vitamin D. Lastly, the potato puree adds potassium to this dish which helps reduce blood pressure and counter other negative effects of sodium in our diet.

Langoustine Carpaccio

hackleback caviar / lemon / poppy seed

The langoustine tails in this dish contain healthy protein, and vitamin B12 as well as antioxidant selenium. Together with the caviar, this combination also contains a significant amount of healthy omega-3 fats. Poppy seeds are rich in fiber & contain good levels of minerals like iron, copper, calcium, potassium, manganese, zinc and magnesium.

STARTERS

Our starters focus on plant-based ingredients and are often vegetarian to encourage the consumption of more nutrient-dense vegetables.

Squash and Coconut Soup

Thai spices / apple / rau ram / bean sprouts

With seasonal apple and winter squash, this soup gets its velvety texture from a squash puree and a splash of coconut milk, rather than butter and cream. Made from scratch, we are able to control exactly what goes into the dish in addition to allowing us to use food trimmings that would otherwise be unutilized. The fat in the soup allows the body to absorb the vitamin A in the squash. The dish contains both insoluble and soluble fiber from the apple and squash and the spices are rich in health-promoting bioactive phenolic compounds.

Roasted Cauliflower

treviso / tamarind / fennel / almond

Cauliflower is used two ways in this dish. The florets are roasted with a small amount of oil to concentrate flavor and prevent nutrient loss. A cauliflower puree provides body and creaminess to the dressing for the dish, while incorporating more vegetable. The nutrient-dense cauliflower provides over 100% of the daily value for Vitamin C along with 20% of the daily value for folate. As a member of the cruciferous family of vegetables, cauliflower is also recognized for its cancer protective properties. The vitamin C creates a synergy with the flavonoid compounds present in the dish and enhances the antioxidant capacity of cells in the body. Finally, the fat in this dish is predominantly unsaturated, from the grapeseed oil and almonds, and the sweetness comes naturally from raisins.

Mushroom Tartare

fingerling potato / roasted garlic

This is our plant-based take on a steak tartare; instead of raw beef, we use mushrooms that have been diced and quickly sautéed to resemble the texture of a steak tartare. We use our house-made ketchup, vegan Worcestershire and white beans to create the binder for the tartare and garnish the plate with a poached egg dressing. The mushrooms in this dish are a great source of the B-vitamins, and potassium from the mushrooms and white beans helps to balance the sodium in this dish.

Rye Pappardelle

celery root / maitake / brussels sprouts / poached egg / truffle

House-made rye pappardelle is tossed in a celery root puree adding creaminess and fiber, without any butter or cream. The maitake contains vitamin D, a fat soluble vitamin that is better absorbed with the fat in the dish. Lastly, the Brussels sprouts are a cruciferous vegetable that contain sulfur-compounds studied for their cancer-fighting properties.



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MAIN COURSES

Our main courses never include more than one red meat and always include a vegetarian, and often vegan option. The dishes are designed to reduce the environmental impact by balancing the animal protein on the plate with vegetables. Lastly, Rouge Tomato takes care to source sustainably raised proteins.

Mushroom Farrotto

chanterelle / trumpet royal / sage

Our signature farrottos provide a whole grain, nutrient dense alternative to a typical risotto. Using farro instead of traditional Arborio rice makes this dish a good source of fiber which helps with blood sugar control after consuming carbohydrates. Without butter or cream, the rich creaminess of a risotto is achieved through starch from the farro and a nutrient-dense mushroom puree. Cooking the farro in a mushroom stock provides a depth of flavor and utilizes vegetable trim. Additionally, the mushrooms in this dish are a great source of the B vitamins and the potassium in the mushrooms helps to balance the sodium.

Ōra King Salmon

quinoa / kale / pear / beets / trout roe

Our salmon comes from Ora King, a sustainable aquaculture operation based out of New Zealand which is recommended by the Monterey Bay Aquarium's Seafood Watch Guide as well as the Vancouver Aquarium's Ocean Wise program. Salmon is a fatty fish and provides ample amounts of omega-3 fat. Pairing salmon with kale is also beneficial as the healthy fat from the salmon helps the body absorb the fat soluble vitamin A and vitamin K from the kale. The potassium from the salmon, beets, and kale also helps to balance out the sodium in this dish.

Seared Scallops

white bean purée / turnip / celery / truffle vinaigrette

Scallops are a lean source of protein and contain the antioxidant mineral selenium. Scallops are naturally higher in sodium but this is balanced by potassium from the white bean puree and seasonal turnips. Our scallops come from New Jersey, and in general scallops are a sustainable seafood choice as over-fishing is a low concern.

Green Circle Chicken

roasted squash / barley / treviso / maple miso

Green Circle Farm raises free-range chicken that are not given antibiotics and are Certified Humane. In addition, Green Circle allows chickens to graze over surplus vegetables and trimmings from food service and farmer's markets, keeping more food out of the waste stream. Poultry contains healthy unsaturated fat, which helps our bodies absorb the vitamin A from the roasted seasonal squash. The plate is balanced with whole grain barley and a miso glaze, which contains health-promoting probiotics.

Long Island Duck Breast

cabbage / daikon / radish / beetroot / jus

Duck is known to be a fattier poultry, which could make a duck dish higher in calories. However much of the fat that is just under the skin is rendered during the cooking and what remains is predominately healthy, unsaturated fat. The seasonal beetroot jus contains health-detoxifying compounds and the cruciferous cabbage is known for its cancer-fighting properties. Our duck is source locally from Long Island.



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SIDES

Our plant-based side dishes encourage even more consumption of nutrient-dense vegetables with a meal.

Charred Carrots

hazelnuts / dukkah / cilantro / lemon yogurt

Carrots are known for their vitamin A. The healthy fat from the olive oil and hazelnuts in this dish help the body absorb that fat-soluble vitamin A. Dukkah contains a collection of flavonoid rich spices that help enhance the antioxidant capacity of our cells when consumed with the vitamin C from the carrot and vitamin E from the nuts. Finally, this dish is inherently rich in fiber, as it is predominantly composed of fiber-rich vegetables.

Roasted Broccolini

fermented black bean / honey vinaigrette

Broccolini is a nutrient-dense crucifer adding fiber and vitamins C, K, and A to this side dish. In addition, as a crucifer, broccolini contains cancer-fighting sulfur compounds.

Roasted Potatoes

garlic / capers / lemon

We do not deep fry anything at Rouge Tomate Chelsea, however these potatoes are roasted crisp in the skin. When prepared in a healthful way, potatoes are a great source of potassium, vitamin C, and the skins add more fiber to this dish.

DESSERTS

To create a healthier dessert, Rouge Tomate incorporates fruit into every plate and uses dark chocolate for chocolate based desserts. Portions of the most decadent components of a dessert are carefully considered. Fruit based sorbets and fresh fruit is always available upon request at the end of a meal.