



the **STANFORD INN**
BY THE SEA

♥ VALENTINE'S DAY APHRODISIAC MENU 2025 ♥

STARTER

GRILLED ASPARAGUS FLATBREAD*

Arugula, Cashew Cream

SOUP

TOMATO RED PEPPER SOUP

With baked tortilla strips, avocado

SALAD

RAVEN'S KALE SALAD

Chopped Lacinato, Avocado Ver Jus Dressing, Cauliflower, Red Pepper, Avocado Slices

Choice of ENTRÉES

BLACK PEPPER FETTUCCINI ALFREDO – SEARED TRUMPET 'SCALLOPS'

Braised garden greens

BUTTERNUT SQUASH TAMALES

Tomatillo sauce, cauliflower ceviche

PINK RAVIOLI*

Hemp & sunflower ricotta filled, pesto sauce, cherry tomato, braised greens

Choice of DESSERTS

BANANA SPLIT

*Strawberry, chocolate and vanilla rum coconut ice cream,
Coconut whipped cream, toasted coconut sprinkles, chocolate almond bark*

CANDY CAP CRÈME BRULÉ

MINT CHOCOLATE GANACHE TART \$14

Almond Crust



Bread available on request*

*Contains Gluten | Please notify us of any food allergies or preferences

\$79 Prix Fixe or a la carte SUBJECT TO CHANGE

20% gratuity will be added to parties of 5 or more

Real Organic Cuisine Conscientiously Prepared

Aphrodisiacs

Aphrodisiacs refer to substances, images, sounds or other forms of stimulation thought to arouse sexual excitement. Aphrodisiacs may be classified into two principal groups based on their source. There are visual, tactile, olfactory and aural which stimulate the libido from the outside, while food, alcohol, and pharmacological preparations work from within.

The truth is that almost all aphrodisiacs are culture-bound and are effective to the extent they stimulate one's sexual imagination. For example, in researching this, we found that all hot foods are considered aphrodisiacs because they "ignite the flames of passion in men and women." Asparagus and carrots stimulate the imagination because of the resemblance to a phallus. Flowers often exhibit a physical resemblance to female genitalia. In antiquity seeds were associated with semen. Generally, any food which enhances health is considered to have aphrodisiac properties. Some foods, such as chocolate, release endorphins which enhance our feeling of well being.

We primarily prepare dishes with whole foods which provide energy and are in themselves aphrodisiacs, not leaving the diner feeling logy, bilious. Stuffed. Here are the aphrodisiac properties of some of the ingredients we regularly use as well as those used for this Valentine's weekend.

- **ASPARAGUS** – Phallic, and reputed to stir up lust in men and women.
- **BASIL** - Believed to stimulate the sex drive through its affect on the nose.
- **CHOCOLATE** – Stimulates the release of endorphins that make people feel better. Legends tell that Montezuma drank 50 cups of chocolate every day to boost his virility so that he could keep up with his harem of 600 women.
- **COFFEE** – Hot strong coffee in small amounts stimulates mind and body for late night activity (awake all night, you have to have something to do!).
- **GARLIC** – a 'hot' (thus stimulating) food.
- **HORSERADISH** – Same as garlic with the addition of an evocative shape.
- **GINGER** - Exotic appeal with soothing & relaxing qualities.
- **MUSHROOMS & MORELS** – Mushrooms are often phallic, arising from the ground, musky, dark and mysterious. The Morel is appropriately shaped, to be savored slowly.
- **ORANGES** - Known for their exotic and juicy appeal as well as their seeds of fertility.
- **PASSION FRUIT** – Juicy and exotic.
- **PEPPERS** – "Hot" and full of Vitamin C promoting overall health.
- **RADISHES** – Ancient Egyptians believed in their aphrodisiac qualities.
- **ROSE** – The oil of rose – attar – stimulates the olfactory senses, the touch of the petals resembles delicate skin and rose hips are loaded with vitamin C.
- **STRAWBERRIES & RASPBERRIES** - Associated with romance because of their abundance of seeds making them very fertile.
- **TOMATOES** - The French believed tomatoes to be 'love apples'; some historians believe that the original forbidden fruit in the bible was actually the tomato.
- **TRUFFLES** - The Greeks and the Romans considered the rare Truffle to be an aphrodisiac. The musky scent is said to stimulate and sensitize the skin to touch. Scent is similar to the human male scent – musk.
- **VANILLA** – Olfactory stimulation.
- **WINE** – Relaxes and helps to stimulate the senses. A good wine is a sensual feast - the color, the aromas, the taste, the feel of the glass in one's hand and of the wine on the palate. Red wines are particularly stimulating due to their color.