

## Fresh Codonopsis Lanceolata

Codonopsis Lanceolata - todok in Korean - is a root found in the deep mountains of Korea. Since ancient times, todok like ginseng in Korea has been sought after for its energy giving properties. In a vegetarian diet, todok is an important root nutrient which provides energy and stamina to the body. Todok is rich in calcium, saponin and fiber. It is an excellent winter food as it insulates the body from the cold, aids digestion and also protects the lungs. It has a unique woody fragrance and is chewy and fibrous. For this fall winter menu, we have specially flown in fresh todok from Korea and are presented in the following delicious dishes.

더덕 샐러드

- 1. Todok Salad** 18  
(Fresh todok with watercress, cabbage and carrots in bean paste lemon dressing)

더덕 아스파라거스 산적

- 2. Spicy** grilled todok and asparagus on a stick 29

더덕 구이

- 3. Grilled todok strips in ginger soy sauce** 29

더덕 돌솥밥

- 4. Spicy** todok in stone bowl rice 30  
(Spicy todok with assortment of vegetables in stone bowl rice)