

Tried and true. Test out these AFM-approved hot spots.

Written by By Melissa Larsen

Tried and true. Test out these AFM-approved hot spots.

If you desire a speedy-yet-sophisticated lunch, try the fall plates menu at...



The Capital Grille

Even those who have to eat lunch on the run want something delicious and satisfying. Scottsdale and Phoenix locations of The Capital Grille have unveiled a genius new fall “plates” menu that allows diners three mouthwatering courses and promises to have them in and out in a mere 45 minutes—plenty of time to get back to the office. The fall plates menu features three soups/salads, three sandwiches and three sides; diners have the choice of one item from each category. The porcini bisque is an excellent starter and perfect for the Valley’s cooled-down weather while the lobster roll is chock-full of flavorful lobster in a tempting, buttery bun. On the side, it doesn’t get much more autumnal than the sweet and savory roasted butternut squash with cranberry chutney. Perhaps the best part of The Capital Grille’s new plates menu is that it rings in at just \$15 for all three courses. www.thecapitalgrille.com

If you’re craving seasonal, healthful eats, get to Biltmore Fashion Park for the Autumn Menu at...



Seasons 52

Apart from the breezy temperatures and unwrapping holiday presents, people most look forward to fall because of its abundance of delicious flavors. Biltmore Fashion Park’s Seasons 52 has unveiled a fresh menu (available through Dec. 22) highlighting the season’s mmm-inducing bounty. The Maple Leaf Farms Sesame Duck Chop Salad is a plethora of fall delights (think crisp apples, toasted pecans, cranberries, butternut squash and fresh mint) all on a bed of greens and rounded out with delectable duck. The harvest squash side dish features hearty roasted slices of three different types of squash, each drizzled with a slightly sweet honey-mint glaze. To finish off the fall feast, a dessert “mini” is a must, and Seasons 52’s autumn menu features a must-order pecan pie dessert and a delectable pumpkin pie topped with a gingersnap cookie. www.seasons52.com