

feed the body, nourish the soul


our SuperFoods menu features revitalizing dishes made from healthy ingredients rich in nutrients, antioxidants and delicious taste so you can feel energized and at your best all day.

SuperFoods

tomatoes	turkey	onions	oats
soy	broccoli	olive oil	yogurt
avocado	garlic	nuts	salmon
honey	spinach	beans	

begin

daily market soup 8.00

rich old-fashioned tomato soup  basil and low-fat greek yogurt 8.00

confetti of field greens  fennel, mint, chives and basil tossed with honey-grapefruit vinaigrette 10.00


beefsteak tomato caprese salad  fresh mozzarella, arugula, extra virgin olive oil 10.50

yellowfin tuna tataki*  edamame aioli, ginger soy dipping sauce 17.00

achiote braised alberta pork shoulder sweet potato latke, corn salsa 12.50

crisp firecracker calamari kalamata olive and roasted garlic dip 13.00

skillet-seared potstickers vegetable gyoza, minted soybean and soy-ginger dipping sauces 14.00


sautéed shrimp with lemon  avocado, arugula and teardrop tomato 18.00


favorites

flame-grilled bacon burger* ground chuck with cheddar or swiss, onion, tomato and lettuce choice of sea-salted french fries or arugula salad 17.50

all-natural roasted turkey blt  lemon mustard aioli on toasted whole grain bread choice of sea-salted french fries or arugula salad 17.50

roasted chicken panini onion-tomato jam, white cheddar, arugula and rosemary aioli choice of sea-salted french fries or arugula salad 16.00

chipotle chicken tacos  soft corn tortilla, shredded lettuce, jack cheese, roasted pepper, chipotle aioli, salsa and guacamole 15.50


stir-fried brown rice and sunnyside egg*  lime-drizzled asparagus, garlic aioli 22.00



greens

hearts of romaine caesar shaved parmesan, crunchy focaccia croutons, freshly grilled shrimp 18.50 or chicken 17.00

citrus roasted chicken cobb smoked bacon, chopped egg, avocado, crumbled blue cheese, tomato and balsamic vinaigrette 18.50


sesame-seared salmon salad*  spinach, edamame, sweet teardrop tomatoes, pomegranate-soy dressing 18.50

grilled steak salad* crisp romaine, avocado, caramelized onions and peppers, caesar dressing 18.50

entrees

grilled lemon chicken breast almond-raisin couscous, asparagus, gremolata, red pepper sauce 28.50

chargrilled new york sirloin soffritto* whipped yukon gold potatoes and lemon-drizzled broccoli 38.50

broiled green tea-lacquered salmon in shiitake essence*  pan-roasted sweet potatoes and spinach 32.50

sesame-seared yellowfin tuna*  pan-roasted sweet potatoes and seasonal vegetables, edamame-mint aioli 37.00


steak frites* grilled tender aged top sirloin steak, served with lemon garlic butter and sea-salted french fries 30.00

chef's inspiration our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

options

lime-drizzled asparagus  5.50

sea-salted french fries 5.50

stir-fried vegetable brown rice  5.50

finale

warm double-chocolate brownie pecans, caramel and chocolate sauce, vanilla ice cream 9.50

brittle lemon bar brulee marinated strawberries and sorbet 9.50


chocolate lava cake soft centered, served warm with vanilla ice cream 9.50

new york style cheesecake raspberry sauce 9.50

berries of the season  8.00

Häagen-Dazs® ice cream 8.00

*consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of foodborne illness.

 "These nutritional powerhouse foods can help extend your health span - the extent of time you have to be healthy, vigorous and vital." - Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life.

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