


feed the body, nourish the soul


yellowfin tuna tartare 
wasabi aioli, ginger & soy 11.00

chipotle chicken tacos 
soft corn tortilla, shredded lettuce, jack cheese, roasted
pepper, chipotle aioli, salsa and guacamole 12.00

beefsteak tomato caprese salad
fresh mozzarella, arugula, extra virgin olive oil 9.00

island spiced chicken wings
pineapple ginger dipping sauce or buffalo style 10.00


tortilla chips
spicy cheese sauce, salsa, jalapeno, black beans 9.00

sauteed shrimp with lemon 
avocado, arugula and teardrop tomatoes 10.00

crisp firecracker calamari
kalamata olive and roasted garlic dip 10.00

skillet-seared potstickers
vegetable gyoza, minted soybean and
soy-ginger dipping sauces 9.00

stone-fired pizza
choose three toppings: caramelized onions,
sausage, fresh mozzarella, parmesan,
tomatoes, basil or arugula 13.00


rich old-fashioned tomato soup 
basil and low-fat greek yogurt 7.00

roasted turkey breast sandwich
in-house roasted turkey, peppered bacon, tomato,
avocado, balsamic glazed onions and garlic aioli on
grilled ciabatta 12.00

steak frites*
grilled tender aged top sirloin steak, served with
lemon garlic butter and sea-salted french fries 21.00

best burger*
hand formed 8 oz angus beef with jersey tomato and
balsamic glazed onions on brioche bun served with
chipotle mayonnaise, garlic herb cheese and whole-grain
mustard 14.00

*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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