

# 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

### five onion soup

a puree of leek, shallots, sweet onion, scallion, and garlic, touch of cream 7.00

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

confetti of field greens  fennel, mint, chives and basil tossed with honey-grapefruit vinaigrette 7.00


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

hearts of romaine caesar shaved parmesan, crunchy focaccia croutons 8.00

yellowfin tuna tartare\* wasabi aioli, ginger, soy 11.00

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

sautéed shrimp with lemon  avocado, arugula and teardrop tomato 10.00

insalata misto candied walnuts, dried cranberry, gorgonzola, white balsamic vinaigrette 10.00:

- all natural grilled beef 18.00
- free range chicken breast 16.00
- sustainable grilled shrimp 16.00

## entrees

broiled green tea-lacquered salmon in shiitake essence\*  pan-roasted sweet potatoes and spinach 23.00

line caught fish served in the preparation of the day market price

grilled lemon chicken breast almond-raisin couscous, asparagus, gremolata, red pepper sauce 21.00

chargrilled new york sirloin sofritto\* whipped yukon gold potatoes and lemon-drizzled broccoli 29.00

cedar river farms natural beef filet\* grilled 8oz filet with chimichurri 35.00

bucatini pasta pomodoro with shrimp tossed in tomato sauce, seasonal vegetables and parmesan cheese 20.00

vegetable frittata potato, squash, shiitake, tomato, onion, parmesan 17.00

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

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

## options

lime-drizzled asparagus  5.00

sea-salted french fries 4.00

brown rice 4.00

mashed potato 4.00

## finale

lemon mousse light genoise cake topped with tart lemon mousse 8.00

the best chocolate cake grand marnier infused dark chocolate layer cake 8.00


new york style cheesecake raspberry sauce 8.00

berries of the season  7.00

Häagen-Dazs® ice cream 6.00



\*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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