

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

crisp firecracker calamari
kalamata olive and roasted garlic dip 10.00

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

favorites

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


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

seared yellowfin tuna sandwich
spicy lemon aioli, seasoned cucumber and watercress on a toasted country style roll 14.00

greens

hearts of romaine caesar
shaved parmesan, crunchy focaccia croutons, freshly grilled shrimp 15.00 or chicken 14.00

california cobb with citrus-roasted chicken
smoked bacon, chopped egg, avocado, crumbled blue cheese, tomato and balsamic vinaigrette 15.00

sesame and black pepper seared wild salmon salad*  spinach, edamame, sweet teardrop tomatoes, pomegranate-soy dressing 16.00

insalata misto
candied walnuts, dried cranberry, gorgonzola, white balsamic vinaigrette 10.00:
all natural grilled beef 16.00
free range chicken breast 14.00
sustainable grilled shrimp 15.00

entrees

bucatini pasta pomodoro with shrimp
tossed in tomato sauce, seasonal vegetables and parmesan cheese 16.00

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

vegetable frittata
potato, squash, shiitake, tomato, onion, parmesan 14.00

line caught
served in the preparation of the day, priced daily

options

lime-drizzled asparagus  5.00

sea-salted french fries 4.00

brown rice 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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