

FEED THE BODY NOURISH THE SOUL

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

STARTERS

BRAISED LAMB SHANK FLATBREAD
Parsley, pine nuts, cilantro, sumac spiced greek yogurt 12

PAN-FLASHED COASTAL CRAB CAKES
Blue crabmeat, spicy orange chili sauce and sautéed spinach 12

PICKLED RED BEETS, PEAR & FARMERS CHEESE
Tiny green beans, toasted almonds, champagne vinaigrette 8

SPINACH, FRISEE & QUINOA SALAD
Crumbled goat cheese and lemon vinaigrette 9

DAILY MARKET SOUP 6

RUSTIC TOMATO SOUP  GF
Basil and low-fat Greek yogurt 6

SALADS

MICRO CHOPPED GRILLED CHICKEN SALAD  GF
Romaine, kale, broccoli, beets, avocado, egg, tomato, cucumber, Italian vinaigrette 18

HEARTS OF ROMAINE CAESAR SALAD
Shaved parmesan, crunchy focaccia croutons 9
Freshly grilled shrimp 17 or chicken 15

GRILLED NAPA CABBAGE
Soft poached egg, oyster mushrooms 14

SIDES

Stir Fried Vegetables with Brown Rice 5  GF

Sea-Salted French Fries 5

Char Roasted Brussels Sprouts 5 GF

FAVORITE PLATES

STEAK FRITES
Grilled tender aged sirloin steak, served with lemon garlic butter and sea-salted French fries 26



SuperFoodsRx™ GF

Service charges and government taxes are additional.

***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 *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

** Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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BROWN RICE, BUTTERNUT SQUASH & MUSHROOM RISOTTO 
Kale, plum tomato, parmesan cheese 18

CHEF'S INSPIRATION PLATE
Our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

SANDWICHES

FLAME-GRILLED BACON BURGER
Ground chuck with cheddar or Swiss, onion, tomato, and lettuce, choice of sea-salted French Fries or arugula salad 12

FLAME-GRILLED TURKEY BURGER
Avocado, tomato, onion on a brioche roll. Choice of sea-salted French fries or arugula salad 12

CHIPOTLE CHICKEN TACOS  GF
Soft corn tortilla, shredded lettuce, pepper jack cheese, roasted pepper, chipotle aioli, salsa and guacamole, arugula salad 12

GRILLED PORTOBELLO MUSHROOM CHIMICHURRI SANDWICH
Caramelized onions and poblano, arugula salad 12

ROASTED CHICKEN PANINI
Onion-tomato jam, white cheddar, arugula and rosemary aioli, choice of sea-salted French fries, or arugula salad 12

BBQ CHICKEN QUESADILLA
Roasted corn salsa, smoked cheddar, avocado, and sour cream 12

ROASTED TURKEY CLUB
Roasted Turkey, smoked bacon, lettuce and tomato on whole wheat, choice of sea-salted French fries, or arugula salad 12

FISH TACOS
Napa Cabbage, mahi mahi with sriracha sauce, arugula salad 12

TOMATO & MOZZARELLA PANINI
Oven-roasted tomatoes, fresh mozzarella, basil pesto, and spinach on sourdough bread, arugula salad 11

CHICKEN & CHEDDAR
Sliced chicken, smoked bacon, cheddar cheese, tomato, herb mayonnaise on Kaiser roll, choice of sea-salted French fries, or arugula salad 13

DESSERTS

WARM DOUBLE-CHOCOLATE BROWNIE
Pecans, chocolate sauce, vanilla ice cream 7

ORANGE SCENTED CHOCOLATE POT DE CRÈME 8

RUSTIC BAKED APPLE TART
Served warm with caramel sauce and vanilla ice cream 7

GINGER SPICED GREEK YOGURT CHEESECAKE 
Honey almond granola 7

