

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 8.50

rich old-fashioned tomato soup 
basil and low-fat greek yogurt 8.50

confetti of field greens 
fennel, mint, chives and basil tossed
with honey-grapefruit vinaigrette 10.50


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

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

pan-flashed coastal crab cakes
spicy orange chili sauce and sautéed spinach 16.00

crisp firecracker calamari
kalamata olive and roasted garlic dip 14.00

skillet-seared potstickers
vegetable gyoza, minted soybean and
soy-ginger dipping sauces 15.00


sautéed shrimp with lemon 
avocado, arugula and teardrop tomato 18.50

favorites

flame-grilled bacon burger*
ground chuck with cheddar or swiss, onion, tomato and lettuce
choice of sea-salted french fries or arugula salad 18.50

all-natural roasted turkey blt 
lemon mustard aioli on toasted whole grain bread
choice of sea-salted french fries or arugula salad 18.50

roasted chicken panini
onion-tomato jam, white cheddar, arugula and rosemary aioli
choice of sea-salted french fries or arugula salad 17.00

chipotle chicken tacos 
soft corn tortilla, shredded lettuce, jack cheese, roasted
pepper, chipotle aioli, salsa and guacamole 16.50

stir-fried brown rice and sunnyside egg* 
lime-drizzled asparagus, garlic aioli 23.00



greens

hearts of romaine caesar
shaved parmesan, crunchy focaccia croutons,
freshly grilled shrimp 19.50 or chicken 17.50

citrus roasted chicken cobb
smoked bacon, chopped egg, avocado, crumbled
blue cheese, tomato and balsamic vinaigrette 19.50


sesame-seared salmon salad* 
spinach, edamame, sweet teardrop tomatoes,
pomegranate-soy dressing 19.50

grilled steak salad*
crisp romaine, avocado, caramelized onions
and peppers, caesar dressing 19.50

entrees

grilled lemon chicken breast
almond-raisin couscous, asparagus, gremolata,
red pepper sauce 29.50

chargrilled new york sirloin sofritto*
whipped yukon gold potatoes
and lemon-drizzled broccoli 40.50

broiled green tea-lacquered salmon
in shiitake essence* 
pan-roasted sweet potatoes and spinach 34.00

sesame-seared yellowfin tuna* 
pan-roasted sweet potatoes and seasonal vegetables,
edamame-mint aioli 39.00

steak frites*
grilled tender aged top sirloin steak, served with
lemon garlic butter and sea-salted french fries 31.50

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 10.00

brittle lemon bar brulee
marinated strawberries and sorbet 10.00

chocolate lava cake
soft centered, served warm with vanilla ice cream 10.00

new york style cheesecake
raspberry sauce 10.00

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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