



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.

BEGIN

Chilled Poached Shrimp  GF
Citrus sections and avocado, spicy yogurt sauce 18.50


Roasted Beets and Pear Salad  GF
Crumbled bleu cheese, toasted almonds,
champagne vinaigrette 13

Pan-Flashed Coastal Crab Cakes
Blue crabmeat, spicy orange chili sauce
and sautéed spinach 17


Skillet-Seared Potstickers
Vegetable gyoza, minted edamame and
soy-ginger dipping sauces 15

Crispy Firecracker Calamari
Kalamata olive and roasted garlic dip 15.50


Beefsteak Tomato Caprese Salad  GF
Fresh mozzarella, arugula, extra virgin olive oil 12

Market Field Greens  GF
Tossed with shaved root vegetables, mint, basil
and chive vinaigrette 11

Daily Market Soup 9.50


Rich Old-Fashioned Tomato Soup  GF
Basil and low-fat Greek yogurt 9.50

GREENS

Frisée and Kale Salad  GF
Topped with soft poached egg, crispy bacon and
champagne vinaigrette 15.50

Hearts of Romaine Caesar Salad
Shaved parmesan, crunchy focaccia croutons,
freshly grilled shrimp 20.50 or chicken 18

Citrus Roasted Chicken Cobb Salad GF
Smoked bacon, chopped egg, avocado, crumbled
bleu cheese, tomato and balsamic vinaigrette 20.50

Crispy Rice Noodle and Salmon Salad  GF
Napa cabbage, vegetable ribbons, lime-ginger dressing 20.50

OPTIONS


Stir Fried Vegetables with Brown Rice  GF 6.50

Sea-Salted French Fries 6.50

Char Roasted Brussels Sprouts GF 6.50


ENTRÉES

Braised Beef Short Ribs GF
Horseradish mashed potatoes and roasted harvest vegetables 35

Broiled Green Tea-Lacquered Salmon*  GF
Shiitake essence, pan-roasted sweet potatoes
and spinach 35

Pan Seared Rainbow Trout GF
Sautéed shrimp, grapefruit, tomatoes,
fingerling potatoes, spinach 28

Steak Frites*
Grilled tender aged top sirloin steak, served with
lemon garlic butter and sea-salted French fries 32

Stir-Fried Vegetables with Brown Rice*  GF
Soy glazed tofu, edamame, market vegetables,
fried egg 23


Citrus Grilled Chicken Breast GF
Artichoke hearts, shiitake mushrooms,
cured tomatoes, market vegetables 30

Chef's Inspiration


Our daily offering inspired by regionally farmed or
seasonally harvested products, priced daily

FAVORITES

Flame-Grilled Bacon Burger*
Ground chuck with cheddar or Swiss, onion, tomato and lettuce
Choice of sea-salted French fries or arugula salad 19.50

All-Natural Roasted Turkey BLT  GF
Lemon mustard aioli on toasted whole grain bread
Served with 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 18

Chipotle Chicken Tacos  GF
Soft corn tortilla, shredded lettuce, pepper jack cheese,
roasted pepper, chipotle aioli, salsa and guacamole 18

FINALE

Warm Double-Chocolate Brownie
Pecans, caramel and chocolate sauce, vanilla ice cream 11

Flourless Chocolate Torte GF
Raspberry sauce 11

Berries of the Season  GF 11

Apple Pie
Topped with granola 11

Salted Caramel Vanilla Crunch Cake
Orange glaze 11

New York Style Cheesecake
Strawberry sauce 11

*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*

GF 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.

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