

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

Daily Market Soup Cup - 4.00 Bowl - 6.00

Roasted Butter Nut Squash Bisque

Toasted almonds, basil pesto

Cup - 5.50 Bowl - 7.50

Mesclun Side Salad 4.50

Caesar Side Salad 5.00

Bruschetta of Heirloom Tomatoes  8.00

Edamames and parmesan reggiano

Spicy Seared Beef Carpaccio*

With marinated artichoke hearts salad 12.00

Whole Wheat Vegetable Pot Stickers

And spring rolls with asian dipping sauce 10.00

Jumbo Shrimp Gazpacho Cocktail

Jumbo shrimp presented with spicy gazpacho cocktail sauce and lemon wedge 13.00

Almond Crusted Crab Cake

With sweet corn relish and avocado mousse 13.00

GREENS

California Cobb with Roasted Chicken 

Smoked bacon, chopped egg, avocado, onion, crumbled bleu cheese, tomato and balsamic vinaigrette 13.00

Iron-Grilled Chicken Spinach Salad 

Pecans, strawberries and sweet red peppers with soy ginger dressing 13.00

Heirloom Tomato Arugula Salad 

Fresh tomatoes, mozzarella and basil, olive oil and balsamic drizzle 10.00

Mixed Greens, Fresh Berries 

Crispy tofu and mint dressing 10.50

Arugula and Belgium Endive

Sherry-shallot vinaigrette, caramelized goat cheese 10.50

LIGHT FAVORITES

Flame-Grilled Burger*

Ground angus with cheddar or swiss, smoked bacon, mushroom or onion 10.75

Chipotle Chicken Soft Taco 

Smoked chicken, chili mayo, shredded lettuce and jack cheese 11.50

Hickory-Smoked Turkey BLT 

Lemon mustard aioli on whole wheat 10.75

Vegetarian Panini 

Baby spinach, grilled pesto portabellas, roasted red peppers, fresh mozzarella and cured tomatoes sour dough 11.00

ENTREES

Stir Fried Prawns, Sugar Snap Peas*

Shaved fennel and fresh mint with brown rice 23.00

Super Risotto with Edamames 

Spinach, tomato, onions, broccoli, and parmesan flaxseed crostini 20.00

Char-Grilled New York Sirloin*

With garlic butter, broccoli and roasted fingerling potatoes 30.00

Honey Pecan Crusted Free Range Chicken*

Chicken breast, julienne vegetables and sweet potato haystack 22.00

Char-Grilled Yellow Fin Tuna Salad*

Beefsteak tomatoes, lemon caper vinaigrette 25.00

Iron Seared Atlantic Salmon* 

Shiitake mushrooms, leeks, sweet peas and fingerling potatoes 24.00

FINALE

Trio of Everyone's Favorite Desserts

Served in shot glasses

Ask your server for today's selections 7.00

Warm Double Chocolate Brownie

Pecans, caramel and chocolate sauce, vanilla ice cream 7.50

New York Style Cheesecake

Raspberry sauce, sliced strawberries and orange sections 8.00

Häagen-Dazs® Ice Cream

Chocolate, strawberry or vanilla 6.00

Fresh Seasonal Fruit Cup 5.00 

ENERGIZE

Freshly Brewed Starbucks® Coffee

Regular or decaffeinated 2.50

Espresso 1.95

Cappuccino or cafe latte (grande) 3.45

Assorted Tea

Regular or decaffeinated 2.50

Coke Products and Iced Tea 2.95

*Cooked to order

*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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