

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


Whole Wheat Vegetable Pot Stickers
And spring rolls with asian dipping sauce 10.00


Caribbean Jerk Chicken Wings*
Dusted with jerk seasonings with spicy dipping sauce 8.00

Fresh Seasonal Fruit Cup 5.00 


GREENS

Hearts of Romaine, Caesar Dressing
Shaved parmesan, crunchy focaccia croutons
and your choice of:
Chicken 11.00
Shrimp 12.00
Steak* 12.00

California Cobb with Roasted Chicken 
Smoked bacon, chopped egg, avocado,
onion, crumbled bleu cheese, tomato,
balsamic vinaigrette 12.00

Pan Flashed Ahi Tuna Salad* 
Tender field greens, haricots verts, ripe
tomato, potatoes, kalamata olives and
pesto vinaigrette 13.00

Iron-Grilled Chicken Spinach Salad Wrap 
Pecans, strawberries and sweet red peppers
with soy ginger dressing 11.00

Heirloom Tomato Arugula Salad 
Fresh tomatoes, mozzarella and basil,
olive oil and balsamic drizzle 9.00

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

FAVORITES


Sandwiches are served with your choice of
sea-salted french fries, salad greens,
sweet potato chips or fresh fruit

Flame-Grilled Burger*
Ground angus with cheddar or swiss,
smoked bacon, mushroom or onion 10.75

Chipotle Chicken Soft Taco 
Smoked chili mayo, shredded lettuce
and jack cheese 11.50

Hickory-Smoked Turkey BLT 
Lemon mustard aioli on whole wheat 10.75

Shrimp Pesto Quesadillas*
Pepper jack cheese, sour cream, pico de gallo 11.00

Vegetarian Panini 
Baby spinach, grilled pesto portabellas, roasted
red peppers, fresh mozzarella and cured tomatoes
on sourdough 11.00

Trio of Sliders*
Angus beef with swiss cheese
Chicken breast with cheddar and smoked bacon
Pork BBQ with creamy slaw 9.00

Crossings Chesapeake Crab Cake*
Lump crab meat with chef's secret spices
grilled to perfection and served on a fresh baked
roll with tartar sauce, lettuce and tomatoes 12.00

The Perfect Pair 
Cup of the daily soup and one half of
a hickory-smoked turkey blt 9.00

Chef's Inspiration
Our daily offering inspired by regionally farmed
or seasonally harvested products, priced daily

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, chocolate sauce and
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 

*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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