

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

Michigan Farmed Raised Shrimp Diablo
Arugula, grapefruit, fried almonds, lemon vinaigrette 15.00

Salmon Medallion a la Plancha* 
Sautéed diced celery, apple, chipotle mojo 14.00

Michigan Corn Crab Cakes
Sweet Michigan Corn and lump crab cakes,
corn and poblano puree, jicama-citrus slaw 14.50

Skillet-Seared Potstickers
Vegetable gyoza, minted edamame and
soy-ginger dipping sauces 13.50

Crispy Firecracker Calamari
Kalamata olive and roasted garlic dip 13.00


Beefsteak Tomato Caprese Salad 
Fresh mozzarella, arugula, extra virgin olive oil 10.50

Tender Market Greens 
Thinly sliced red beets, garden herbs,
lemon-honey vinaigrette 9.50

Daily Market Soup 8.00


Rich Old-Fashioned Tomato Soup 
Basil and low-fat Greek yogurt 8.00

GREENS

Sautéed Cilantro Lime Shrimp Salad 
Market greens, roasted peppers, tomato, pepper jack
cheese, tortilla crisps, avocado dressing 17.50

Hearts of Romaine Caesar Salad
Shaved parmesan, crunchy focaccia croutons,
freshly grilled shrimp 17.50 or chicken 16.50

Citrus Roasted Chicken Cobb Salad
Smoked bacon, chopped egg, avocado, crumbled
blue cheese, tomato and balsamic vinaigrette 17.50

Sesame Seared Salmon Salad* 
Spinach, edamame, sweet teardrop
tomatoes, pomegranate-soy dressing 17.50

OPTIONS


Stir Fried Vegetables with Brown Rice  5.00

Sea-Salted French Fries 5.00

Lemon-Drizzled Market Vegetables 5.00

ENTRÉES

Char-Grilled New York Sirloin Sofritto*
Whipped Yukon gold potatoes and lemon-drizzled broccoli 36.00

Broiled Green Tea-Lacquered Salmon* 
Shiitake essence, pan-roasted sweet potatoes
and spinach 31.00

Pan Seared Rainbow Trout
Sautéed shrimp, grapefruit, tomatoes,
fingerling potatoes, spinach 26.00

Steak Frites*
Grilled tender aged top sirloin steak, served with
lemon garlic butter and sea-salted French fries 28.00

Stir-Fried Vegetables with Brown Rice* 
Soy glazed tofu, edamame, market vegetables,
fried egg 21.00

Citrus Grilled Chicken Breast
Artichoke hearts, shiitake mushrooms,
cured tomatoes, market vegetables 26.50


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 17.00

All-Natural Roasted Turkey BLT 
Lemon mustard aioli on toasted whole grain bread
Served with arugula salad 16.50

Roasted Chicken Panini
Spinach-artichoke spread, basil pesto, mozzarella,
choice of sea salted french fries or arugula salad 16.00

Chipotle Chicken Tacos 
Soft corn tortilla, shredded lettuce, pepper jack cheese,
roasted pepper, chipotle aioli, salsa and guacamole 15.00

FINALE

Warm Double-Chocolate Brownie
Pecans, caramel and chocolate sauce, vanilla ice cream 9.00

Molten Chocolate Lava Cake
Soft centered, served warm with vanilla ice cream 9.50

Berries of the Season  8.50

Mini Caramel Ginger Apple Crisp
Vanilla bean ice cream 5.00

Mini Market Berry Shortcake
Lemon cake, vanilla mousse, whipped cream 5.00

Mini New York Style Cheesecake
Strawberries and raspberry sauce 5.00

*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