

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 7.00

rich old-fashioned tomato soup  7.00

confetti of local field greens 
fennel, mint, chives and basil blended
with honey-grapefruit vinaigrette 9.00

beefsteak tomato caprese salad 
fresh mozzarella, arugula, extra virgin olive oil 9.00

pan-flashed coastal crab cakes
organic yogurt, olives, tomatoes, capers 13.00

sautéed shrimp with lemon 
avocado, arugula and teardrop tomatoes 15.00


crisp firecracker calamari
calamata olive and roasted garlic dip 12.00

skillet seared pot stickers
vegetable gyoza, edamame-mint aioli,
soy-ginger dipping sauce 12.50

favorites

flame-grilled bacon burger*
ground chuck with cheddar or swiss,
onion, tomato and iceberg 15.50

chipotle chicken soft tacos
honey-chipotle mayo, avocado, shredded lettuce,
and jack cheese 16.00

crisp all-natural roasted turkey blt 
lemon-mustard aioli on whole grain toast 15.50

roasted chicken sourdough panini
onion-tomato jam, white cheddar, arugula,
and rosemary aioli 14.50

**the selections above are served with a choice
of sea-salted french fries or arugula salad**


stone-fired pizza
choose three toppings: caramelized onions, sausage, fresh
mozzarella, parmesan, tomatoes, basil or arugula 18.00



greens

hearts of romaine caesar
shaved parmesan, crunchy focaccia croutons,
freshly grilled shrimp 16.50 or chicken 15.00

california cobb with
citrus-roasted chicken
smoked bacon, chopped egg, avocado, crumbled
blue cheese, tomato and balsamic vinaigrette 16.50


sesame and black pepper 
seared salmon salad
spinach, edamame, sweet teardrop tomatoes,
pomegranate-soy dressing 17.00

michigan greens with citrus glazed chicken
maytag blue cheese, raspberries, walnuts
grilled red onions, cherry vinaigrette 14.00


entrees

grilled lemon chicken breast
almond-raisin couscous, asparagus, gremolata,
red pepper sauce 25.00

char-grilled new york sirloin,
rosemary sofritto*
whipped yukon gold potatoes
and lemon-drizzled broccoli 34.00

broiled green tea-lacquered salmon, 
shiitake essence
pan-roasted sweet potatoes and spinach 29.00


potato herb crusted great lakes whitefish
grilled asparagus, grain mustard vinaigrette 19.00

stir fried brown rice,
sunny side organic egg* 
lime-drizzled green asparagus,
roasted garlic aioli 23.50

niman ranch short rib quesadilla
poblanos, onions, pepperjack on a flour tortilla
with jicama slaw and green chili rice 16.00

finale

warm double-chocolate brownie
pecans, caramel and chocolate sauce,
vanilla ice cream 8.50

strawberry romanoff 
frozen vanilla yogurt, honey-almond
brittle, dark chocolate curls 8.50

lemon blueberry parfait
lemon curd, michigan blueberry compote,
italian meringue, linzer cookie crumble 8.50

new york style cheesecake
orange and strawberry salad 8.50

Häagen-Dazs ice cream 7.00

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*consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SuperFoods Rx: "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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