

# 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

### Cheese Board

Chef's selection of two regional artisan cheese including Monacay Ash Goat Cheese, Talbot Reserve Farmstead Cheddar, Meadow Creek Virginia Appalachian or Maryland Bay Blue with Manchego, warm fig and almond tart, savory red onion jam 14

### Seared Hawaiian Tuna Tataki\*

Avocado, radish salsa, wasabi aioli 10.50

### Diver Scallops

Pan seared with smoked bacon, citrus butter and beet vinaigrette 10.50

### Blue Crab Cakes

Warm roasted tomato and fennel salad, basil vinaigrette 13

### Mediterranean Meze

House made hummus, warm pita and olives 7

### Arancine Risotto Balls

Spaghetti vegetables, red pepper sauce, basil oil 7.50

### Sautéed Shrimp

With lemon, avocado, arugula and teardrop tomatoes 10.50

### Crisp Fried Calamari

Tossed in lemon chili glaze, baby arugula and fennel 12

### Blue Crab Soup Gratinée 8

Specialty Soup Selection      Cup 5    Bowl 7

## SEASONS

### The House Salad

Organic greens, oranges, walnuts, goat cheese and citrus vinaigrette 8

### Caesar Salad\*

Fingers of romaine, asiago cheese, lemon, house croutons, garlic, white anchovies and extra virgin olive oil 9  
with chicken 14    with shrimp 16.50    with seared tuna 16.50

### Organic Beefsteak Tomato Caprese Salad

Fresh mozzarella, mango, organic micro arugula, extra virgin olive oil and basil pesto 10

### Seared Tuna Nicoise\*

Sweet potato, French beans, tomato and calamata olives, creamy ginger sesame vinaigrette 17

### Cobb Salad

eggs, avocado, tomatoes, bacon, blue cheese crumbles, balsamic vinaigrette  
with chicken 13    with jumbo lump blue crab 17

## SANDWICHES & PANINIS

All sandwiches are served with choice of fries, chips or salad

### Flame Grilled Angus Burger\*

8oz all natural ground chuck with cheddar or swiss cheese on a roasted Kaiser roll 13.50

### California Chicken Sandwich

Grilled free range chicken, white cheddar cheese, avocado and onion jam, multigrain ciabatta 14

### Crab Cake Onion Brioche

Vegetable slaw, remoulade and lemon pepper chips 17

## FLATBREADS & PIZZAS

All flatbreads are served with avocado and romaine salad

Smoked Bacon, Truffle Oil, Oyster Mushrooms and white Anchovies 11.50

Barbeque Chicken 9.50

Organic Vegetable and Fresh Mozzarella 11

### Stone Fired Pizza

Vegetable 12      bbq chicken 14      grilled shrimp 15

## MARKET

### Grilled Fresh Catch\*

Creamy artichoke risotto, roasted tomato, oyster mushrooms and shiitake compote, basil oil 24

### Grilled Miso Salmon

Roasted eggplant relish, tomato lemongrass broth 23

### Pan Roasted Breast of Chicken

Basted in honey and thyme jus with caramelized apples and lime caramel veloute 19

### Organic Market Vegetable

Chef's preparation 16.50

### Diver Scallops and Shrimp Cioppino

House made pasta and spaghetti vegetable 28

### Grilled Colorado Lamb "Double Chops"\*

Creamy potato, wild mushrooms, beluga lentils, onion jam and fig demi 34

### Filet Mignon\*

8oz filet of beef, grilled Portobello mushroom, orzo risotto and cabernet reduction 42

### Mushroom Ravioli (Organic)

Pecorino cheese, grape tomato, truffle oil and mushroom broth 18

### Grilled Portobello Napoleon (Organic)

Roasted vegetables, grilled polenta 17

### Flamed "BlueFire Grill" Signature Steak\*

14oz center cut ribeye steak rubbed in island spices, Idaho shoestring potatoes, garlic herb butter, glazed with Barcardi 151® 36

## OPTIONS

Sea-Salted French Fries 6

Stir Fried Vegetables with Brown Rice  9

Lemon Drizzled Market Vegetables 9

## FINALE

Warm macadamia nut flan with chilled raspberry shooter 4.50

Chocolate molten lava cake with Moorenkos® vanilla bean ice cream 9

Gluten free flourless chocolate cake with pistachio sauce 4.50

Seasonal fruit brulee with ginger snaps, Moorenkos® citrus ice and cinnamon sauce 4.50

Traditional apple strudel and vanilla bean ice cream 4.50

Fresh seasonal berries  6

Moorenkos® ice cream 6

\*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*

©2012 Starwood Hotels and Resorts Worldwide, Inc.