


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

Seared Hawaiian Tuna Tataki* 
Avocado, radish salsa, wasabi aioli 10.50

Pot Sticker Trio*
Steamed and seared duck, lemon grass chicken and edamame, dipping sauces 7.50

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

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
with chicken 13 with jumbo lump blue crab 17

SANDWICHES & PANINIS

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

Lunch Trio
Cup of soup, mesclun green salad and grilled cheese sandwich with creamy cheddar and fontina cheese on ciabatta 12.50

Flame Grilled Angus Burger*
8oz all natural ground chuck with cheddar or swiss cheese on a roasted Kaiser roll 13.50

Fresh Roasted Turkey on an Artisan Multigrain Ciabatta
Smoked bacon, provolone cheese and oven tomato, herb aioli and savory onion jam 13

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

Grilled Chicken Wrap
Romaine lettuce, roasted vegetables, provolone cheese and pesto aioli 12.95

Turkey BLT Croissant
Smoked bacon, provolone cheese roasted turkey, lettuce and tomato 12.95

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

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 Bacardi 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*

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