

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.

STARTERS

Polo's Flatbread
Chicken, Gorgonzola, arugula, oven-dried tomatoes 12

Crispy Firecracker Calamari
Kalamata olive and roasted garlic dip 14.50

Flame-Grilled Barramundi Sea Bass Taco GF
Quemada roasted tomato salsa, cabbage, lime and cilantro 17.50

Chili Glazed Pork Short Ribs
Corn and avocado relish, chipotle aioli 16

Pickled Red Beets, Pear & Farmers Cheese SuperFoods Rx GF
Tiny green beans, toasted almonds, champagne vinaigrette 11

Spinach, Frisee & Quinoa Salad SuperFoods Rx GF
Crumbled goat cheese and lemon vinaigrette 11

Daily Market Soup 9.50

Rustic Tomato Soup SuperFoods Rx
Basil and low-fat Greek yogurt 8

SALADS

Micro Chopped Grilled Chicken Salad GF
Romaine, kale, broccoli, beets, avocado, egg,
tomato, cucumber, Italian vinaigrette 21

Hearts of Romaine Caesar Salad
Shaved parmesan, crunchy focaccia croutons 13.50
With freshly grilled shrimp 21.50
With freshly grilled chicken 21

Grilled Napa Cabbage SuperFoods Rx GF
Soft poached egg, oyster mushrooms 19

SIDES

Stir Fried Vegetables with Brown Rice SuperFoods Rx GF 6.50

Sea-Salted French Fries 6.50

Char Roasted Brussels Sprouts GF 6.50

FAVORITE PLATES

Steak Frites*
Grilled tender aged top sirloin steak, served with lemon
garlic butter and sea-salted French fries 32.50

Pan Seared Salmon on Succotash SuperFoods Rx GF
Scallion parsley gremolata 20

Pan Seared Rainbow Trout GF
Sautéed shrimp, grapefruit, tomatoes, fingerling
potatoes, spinach 27.50

Asian Braised Chicken Thighs
On sticky rice, jalapeño aioli 24

Brown Rice, Butternut Squash
& Mushroom Risotto SuperFoods Rx GF
Kale, plum tomato, parmesan cheese 23

Citrus Grilled Chicken Breast GF
Artichoke hearts, shiitake mushrooms, cured tomatoes,
market vegetables 29

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

SANDWICHES

Flame-Grilled Bacon Burger*
Ground chuck with cheddar or Swiss, onion, tomato and
lettuce, choice of sea-salted French fries or arugula salad 20

Grilled Portobello Mushroom
Chimichurri Sandwich
Caramelized onions and poblano 18.50

Roasted Chicken Panini
Onion-tomato jam, white cheddar, arugula and rosemary
aioli, choice of sea-salted French fries or arugula salad 19

Chipotle Chicken Tacos SuperFoods Rx GF
Soft corn tortilla, shredded lettuce, pepper jack cheese,
roasted pepper, chipotle aioli, salsa and guacamole 18.50

DESSERTS

Warm Double-Chocolate Brownie
Pecans, chocolate sauce, vanilla ice cream 10.50

Orange Scented Chocolate Pot de Crème 10.50

Ginger Spiced Greek Yogurt Bombe SuperFoods Rx
Honey almond granola 10.50

Rustic Baked Apple Tart
Served warm with caramel sauce and vanilla ice cream 11

*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*

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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