

Starters

Chef Crafted Daily Soup Selection	8
Onion Soup Gratinee Toasted Brioche, Gruyere Grand Cru	8
Sautéed Mediterranean Mussels Garlic, White Wine, Merguez Sausage, Basil, Grilled Bread	13
Artichoke & Parmesan Hummus Seasonal Vegetables, Coriander, Warm Naan (vegetarian wellness selection)	8
Baked Chevre Goat Cheese Brick Dough, Seared Fig, Honey Comb, Dressed Arugula	8
Cured Beef Carpaccio Watercress, Verjus, Olive Oil, Parmesan Reggiano, Caper Berries	7
Smoked Lake Superior White Fish Warm Bavarian Pretzel	8
Maple Braised Pork Belly Smoked Cheddar Grits, Rainbow Chard	8

Salads

House Bibb Lettuce, Carrot, Celery, Radish, Chive, Lovage, Parsley, Shallot, Dijon, Red Wine Dressing	10
Caesar Hearts, Italian White Anchovies, Brioche Croutons, Shaved Parmesan	10
With Grilled Chicken	14
With Grilled Prawns	16
With Seared Salmon	16
Steak & Blue Strip Steak, Baby Iceberg, Fried Onions, Apple Wood Smoked Bacon, Maytag Blue	18
Nicoise House Cured Salmon, Arugula, Fingerlings, French Beans, Olive, Boiled Egg, Mustard, Verjus (lean protein, low fat wellness selection)	16
Crab Louis Lump Crab, Tiger Prawns, Cucumber, Avocado, Watercress, Celery Leaves, Sambal	18
Chinois Pulled Chicken, Shredded Cabbage, Ginger, Scallion, Coriander, Frisee, Thai Curry Coconut	15

Sandwiches

Chicken Salad Tarragon, Almonds, Cranberries, Whole Grain Bread, House Salad	14
Tuna Salad Tartine Grilled Yellow Fin Tuna, Herb Remoulade, Watercress, Radish, Cilantro Pesto	14
Club Roasted Turkey Breast, Apple Wood Smoked Bacon, Lettuce, Tomato, Mayonnaise, Fries	13
Adobo Chicken Avocado, Queso Fresco, Cabbage, Onion, Cilantro, Lime, Chipotle Mayonnaise, Fries	14
French Dip Smoked Prime Rib, Compound Butter, Baguette, Au Jus, Fries	14
Salmon Burger Lake Michigan Coho, Shredded Lettuce, Citrus Aioli, Brioche Bun, Fries	15
The Burger Choices of Swiss, Cheddar, Blue, Bacon, Fried Egg, Lettuce, Tomato, Onion, Fries	14
Prosciutto Panini Fontina Cheese, Basil Pesto, Coppa Ham, Prosciutto, Tomato, Fries	15
Vegetable Panini Whole Grain Bread, Grilled Vegetables, Tomatoes, Cilantro Pesto, Asiago (vegetarian wellness selection)	14

Entrees

Free Bird Farms Organic Chicken Smoked Cheddar Grits, Cabbage, Apple Wood Smoke Bacon, White Pepper	18
Beer Braised Short Ribs Parsnip Puree, Romanesco, Parsley, Horseradish, Lovage, Shallots, Port Wine	23
Homemade Pappardelle Garlic, Parsley, Tomatoes, Shallots, White Wine, Spinach, Basil	15
With Grilled Chicken	17
With Grilled Prawns	19
Artichoke Flan Romesco Sauce, Grilled Portabella, Summer Squash, Zucchini, Tomatoes (vegetarian wellness selection)	17
Day Boat Scallops Saffron Risotto, Asparagus, Tomatoes, Corn Nuts, Parmesan, Watercress	20
Pan Seared Coho Salmon Turnips, Brussels, Celery Leaves, Meyer Lemon, Dijon Aioli (lean protein, low fat wellness selection)	18
Grilled Chimichurri Skirt Steak Smoked Cheddar Mac & Cheese, Herb Salad	18
Seared Lake Superior White Fish Artichokes, Tomatoes, Fennel Pollen, Potatoes, French Beans, Corn Puree	24