

FEED THE BODY NOURISH THE SOUL

Presented by Executive Chef
JOHN B. PAPA JR.

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.

WESTIN FRESH BY THE JUICERY

Orange, Grapefruit, Lemon, Lime  GF 8.00

Orange, Passion Fruit, Ice  GF 8.00

Pineapple, Cucumber, Mint  GF 8.00

Smoothie  GF

Mango, Blueberries, Avocado, Almond Milk 8.00

BEGIN

Daily Market Soup

Cup – 4.00 Bowl – 6.00

Roasted Butternut Squash Bisque  GF

Toasted almonds, basil pesto

Cup – 5.50 Bowl – 7.50

Mesclun Side Salad  GF 4.50

Caesar Side Salad 5.00

Calamari

Lightly battered tubes and tentacles deep fried and served with ranch dressing or marinara 11.00

Crossings Wings

Choice of dipping sauce:

hot, bourbon bbq or house rub 8.00

Chesapeake Jumbo Lump Crab Cocktail

Laced with house made cocktail sauce 16.00

Fresh Seasonal Fruit Cup 5.00  GF

GREENS

Hearts of Romaine, Caesar Dressing

Shaved parmesan, crunchy focaccia croutons and your choice of:

Chicken 11.00 - Shrimp 12.00 - Steak* 12.00

California Cobb with Roasted Chicken  GF

Smoked bacon, chopped egg, avocado, onion, crumbled bleu cheese, tomato, balsamic vinaigrette 12.00

Pan Flashed Ahi Tuna Salad*  GF

Tender field greens, haricots verts, ripe tomato, potatoes, Kalamata olives and pesto vinaigrette 13.00

Wedge Salad  GF

Diced tomatoes, bacon, chopped egg, cucumbers, scallions, bleu cheese crumbles and bleu cheese dressing 10.00

Classic Greek Salad  GF

Pickled peppers, tomatoes, cucumber, olives, onion and romaine hearts with feta cheese vinaigrette 9.00

Chicken 11.00 - Shrimp 12.00 - Steak* 12.00

ENERGIZE

Freshly Brewed Starbucks® Coffee

Regular or decaffeinated 2.50

Espresso 1.95

Cappuccino or Café Latte (grande) 3.45

Assorted Tea

Regular or decaffeinated 2.50

Coke Products and Iced Tea 2.95

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*Cooked to order

*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.

*Other Food Allergies - Before placing your order, please inform us if anyone in your party has a food allergy. While we will attempt to accommodate your specific needs, there is still a risk of cross-contact during preparation and cooking of food items. Each guest must ultimately decide whether a certain menu item will meet their dietary needs.

FAVORITES

Sandwiches are served with your choice of sea-salted French fries, salad greens, home made potato chips or fresh fruit

The Flash Burger*

Served with lettuce, tomato, red onion, cheese, bacon strips and a fried egg 10.75

Turkey Burger 

Served with lettuce, tomato, red onion, pepper jack cheese and bourbon mayonnaise 10.00

Chipotle Chicken Soft Tacos 

Smoked chicken, chili mayo, shredded lettuce and jack cheese 11.50

Hickory-Smoked Turkey BLT 

Lemon mustard aioli on whole wheat 10.75

Grilled Chicken Caesar Wrap 

Caesar salad with grilled chicken strips wrapped in a tomato basil tortilla 10.00

Steak Frites*

Grilled tender aged top sirloin steak, served with bourbon garlic butter and sea-salted French fries 14.00

Pesto Penne Pasta 

Roasted tomatoes, pine nuts, pesto cream 10.00

Chicken 14.00 - Shrimp 15.00

Classic Reuben

Corned beef piled high, Swiss cheese, Russian dressing, sauerkraut on traditional Jewish rye served with a jumbo deli pickle 11.00

Crossings Crab Cake

Jumbo lump crab meat filled with fresh herbs, oven baked and served on a Kaiser roll with lettuce, tomato and a side of chili mango salsa 12.00

The Perfect Pair 

Cup of the daily soup and one half of a hickory-smoked turkey BLT 9.00

Chef's Inspiration

Our daily offering inspired by regionally farmed or seasonally harvested products; priced daily

SIDES

French Fries or Home Made Potato Chips 4.00

Steamed Vegetables 5.00  GF

Fresh Seasonal Fruit Cup 5.00  GF

FINALE

Double Chocolate Molten Lava Cake

Served with Häagen-Dazs® ice cream and whipped cream 10.00

Crossings Famous Chocolate Fudge Sundae

Vanilla Häagen-Dazs® ice cream, topped with crushed Oreos and Butterfinger bars, marshmallow fluff, and hot fudge sauce 10.00

Praline Cheesecake

New York style cheesecake with caramel sauce and pralines 9.00

Häagen-Dazs® Ice Cream  GF

Chocolate, strawberry or vanilla 6.00