

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

Featured Soup

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

Rich Old-Fashioned Tomato  7
With basil and low-fat Greek yogurt

Greek Salad

Young romaine, grape tomatoes, cucumbers, kalamata olives, feta, bell peppers and red onions with herb vinaigrette 8

Beefsteak Tomato Caprese Salad   9
Fresh mozzarella, arugula, and extra virgin olive oil

Hearts of Romaine Caesar

Shaved parmesan, crunchy focaccia croutons and creamy garlic dressing 8

Skillet-Seared Potstickers

Vegetable gyoza, minted edamame and soy-ginger dipping sauces 11.50

Tapas Duet*

A sampling of chef's selection of two favorite Spanish tapas 10

Pan-Flashed Coastal Crab Cakes

Tofu, sautéed spinach and spicy orange chili sauce 10

Tuna Tartar Tower

Tuna, cucumber and avocado with ponzu 12

OPTIONS

Lime-Drizzled Asparagus  5

Horseradish Mashed Potato 5

Stir Fried Vegetables with Brown Rice   6

ENTRÉES

Sesame Scallion Salmon

Shiitake, green onion, carrot and baby bok choy 24

Pan Seared Rainbow Trout*

Sautéed shrimp, grapefruit, tomatoes, fingerling potato and spinach 23

Citrus Grilled Chicken Breast

Artichoke hearts, shiitake mushrooms, cured tomatoes and market vegetables 21

Lancaster All Natural New York Sirloin*

Grilled 12oz steak, thyme roasted red pepper, cremini mushroom and cipollini onion with Merlot butter 30

Grilled Balsamic Beef Filet*

Potato-scallion griddle cake, grilled 8oz filet with mustard balsamic reduction 36

Wild Mushroom Ravioli

Creamy leeks, baby peas and parmesan cheese 18

Stir-Fried Vegetables with Brown Rice*

Soy-glazed tofu, edamame, market vegetables and fried organic egg 17

Chef's Inspiration

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Parallel 40 Best Burger*

Grilled 8oz Kobe beef with bleu cheese, p-40 spice sautéed onions and mushrooms on brioche bun served with a garlic aioli 16

Parallel 40 Wellness Burger

Hand formed 8oz turkey burger with pickled cucumber onion, sriracha spread, bibb lettuce and tomato on a multigrain roll 14

Line Caught

Chef daily selection at market price

Roasted Chicken Panini

Roast chicken, white cheddar, onion marmalade, rosemary garlic aioli in sourdough 14

FINALE

Apple Pie

With granola topping 8

Flourless Chocolate Torte

Raspberry sauce 8

New York Style Cheesecake

Strawberry sauce 8

Berries of the Season

Vanilla Caramel Crunch Cake 8

PARALLEL

40

*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*

 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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