

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 and seasonally harvested products, priced daily

Rich Old-Fashioned Tomato

With basil and low-fat Greek yogurt 7

Greek Salad

Young romaine, grape tomatoes, cucumbers, kalamata olives, feta cheese, bell peppers and red onions with herb vinaigrette 7

Tomato Caprese Salad GF

Fresh mozzarella, arugula, and extra virgin olive oil 9

Pan-Flashed Coastal Crab Cakes

Blue crabmeat, tofu, sautéed spinach and spicy orange chili sauce 11

Flatbread

Cured plum tomato, caramelized onion, fresh mozzarella and pesto cream 9

GREENS

Hearts of Romaine Caesar*

Parmesan, crunchy focaccia croutons and creamy garlic dressing 8 with free range chicken 14 or sustainable herb grilled shrimp 16

California Cobb Salad GF

Citrus-roasted chicken, smoked bacon, tomato, chopped egg, onion, avocado, crumbled bleu cheese and white balsamic vinaigrette 15

Crispy Rice Noodle and Salmon Salad

Napa cabbage, vegetable ribbons and lime ginger dressing 16

OPTIONS

Lime-Drizzled Asparagus 5

Horseradish Mashed Potato 4

Stir Fried Vegetables with Brown Rice GF 6

FAVORITES

Roasted Turkey Breast Sandwich

Roasted turkey, peppered bacon, tomato, avocado, balsamic glazed onions and garlic aioli on a grilled ciabatta 12

Seared Yellow Fin Tuna

Habanero lemon aioli, cucumber watercress slaw on a country style roll 15

Parallel 40 Best Burger*

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

Parallel 40 Wellness Burger

Hand formed 8oz turkey burger with pickled cucumber-onions, sriracha spread, bibb lettuce and tomato on a 7 grain roll 14

Market Vegetable Wrap

Roasted portabella, peppers and asparagus with spinach and arugula with basil pesto on a whole wheat tortilla 12

ENTRÉES

Line Caught

Chef daily selection at market price

Stir-Fried Vegetables with Brown Rice* GF

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

Chef's Inspiration

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

Steak Frites

Grilled tender aged top sirloin steak served with lemon garlic butter and sea-salted French fries 21

Whole Wheat Pasta with Spinach and Portabella

Olive oil, garlic, spinach, portabella mushroom, tomato sauce and basil 17

FINALE

Berries of the Season 8

Apple Pie

Topped with granola 7

New York Style Cheesecake

Strawberry sauce 8

Flourless Chocolate Torte GF

Raspberry sauce 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*

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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