

SUPERFOODS

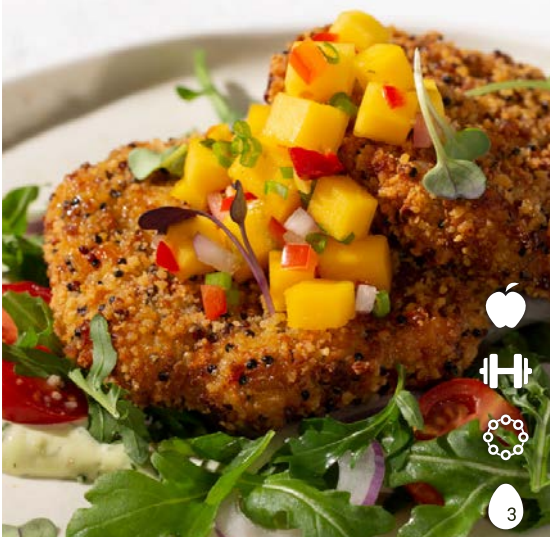
MENU

FOODS WITH BENEFITS

AVAILABLE UNTIL FEBRUARY 24

CAKES **BY THE OCEAN**

Salmon | Shrimp | Quinoa | Mango Salsa
Wild Baby Arugula | Avocado Dill Aioli **16**

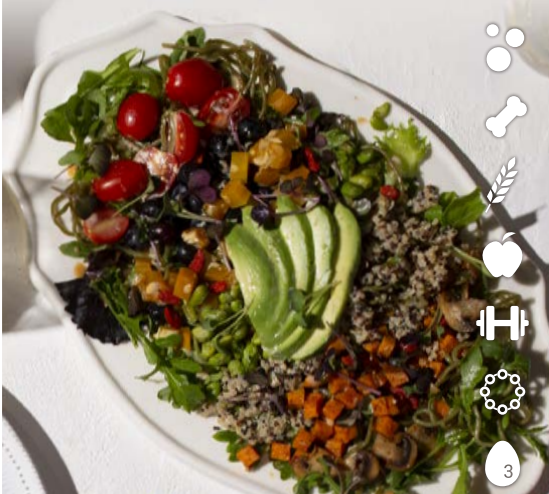


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SUPERFOOD **SALAD**

Kale-Infused Soba Noodles | Arugula | Sweet Potato
Avocado | Quinoa | Grape Tomatoes | Blueberries
Golden Beets | Roasted Mushrooms | Goji Berries
Edamame | Maple-Miso Dressing **14**

Protein add-on available for additional cost



3

AHI TUNA **POWER BOWL**

Ahi Tuna | Wasabi Ponzu Sauce | Edamame | Mushrooms | Grilled Pineapple | Grape Tomatoes
Sweet Potato | Golden Beets | Kale-Infused Soba Noodles | Peanut Sauce **25**



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PAN-SEARED RAINBOW TROUT

Rainbow Trout | Spaghetti Squash | Charred Plum & Goji Berry Salsa | Wilted Arugula
Kale | Baby Spinach | Roasted Mushrooms | Basil Infused Oil **27**



FIERY TUNISIAN CHICKEN

Grilled Chicken | Spicy Harissa Sauce
Goji Berry & Cucumber-Infused Greek Yogurt
Roasted Sweet Potato Quinoa Pilaf
Seasonal Vegetables **23**



CHESTNUT ESPRESSO CRÈME BRÛLÉE

Chestnut | Espresso | Fig Jam | Spiced Pecans **8**



NUTRITIONAL BENEFITS



CALCIUM

Calcium keeps your bones and teeth strong.



FIBRE

Fibre lowers your cholesterol and controls blood sugar levels.



PROTEIN

Protein is needed to build and repair muscle, tissue, skin, nails and hair.



OMEGA 3

Omega-3 keeps your immune system healthy and may help lower heart disease risk.



PROBIOTICS

Probiotics are important for a healthy digestive system.



VITAMINS

Vitamins fuel your body with essential nutrients.



ANTIOXIDANTS

Antioxidants protect your body's cells from damage and promote muscle recovery.

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