

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

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

Bruschetta of Heirloom Tomatoes  **GF**

Edamame and Parmigiano-Reggiano 8.00

Calamari

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

Crossings Boom Boom Shrimp **GF**

Lightly fried, tossed in sriracha chili sauce 13.00

Mussels Diablo

Fennel, garlic, white wine, red pepper flakes 10.00

Blackened Beef Tenderloin Tips\*

Paired with a bourbon Béarnaise sauce 16.00

Chesapeake Jumbo Lump Crab Cocktail

Laced with house made cocktail sauce 16.00

## GREENS

Wedge Salad  **GF**

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

California Cobb with Roasted Chicken  **GF**

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

Teriyaki Chicken Salad  **GF**

Wild mixed greens, Shiitake mushrooms, green onions, minced ginger, and garlic 16.00

Spinach and Salmon SuperFoods Salad\*  **GF**

Fresh spinach and house greens, grilled asparagus, raspberries, golden raisins, red onions, feta cheese, barrel planked salmon, toasted almonds, balsamic vinaigrette 18.00

## LIGHT FAVORITES

The Flash Burger\*

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

Chipotle Chicken Soft Taco  **GF**

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

Hickory-Smoked Turkey BLT  **GF**


Lemon mustard aioli on whole wheat 10.75

Vegetarian Panini  **GF**

Baby spinach, grilled pesto portobellos, roasted red peppers, fresh mozzarella and cured tomatoes sour dough 11.00

\*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*

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**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.

## ENTREES

Rack of Lamb\* **GF**

Dijon pistachio crust, bourbon gastrique, Yukon gold mashed potatoes 30.00

Beef Tenderloin Medallions\* **GF**

Mashed potatoes, broccolini, and a wild mushroom Forestiere sauce 38.00

Char-Grilled New York Sirloin\* **GF**

With bourbon garlic butter and sundried tomato garnish, broccolini and roasted fingerling potatoes 30.00

Half Roasted Chicken **GF**

Grilled asparagus, Yukon gold mashed potatoes, chicken jus 22.00

Blackened Shrimp and Scallops Pasta

Tossed with grilled asparagus and roasted tomatoes simmered in a light Cajun cream served over linguini 34.00

Iron Seared Atlantic Salmon\*  **GF**

Shiitake mushrooms, leeks, sweet peas and fingerling potatoes 24.00

Crossings Crab Cake

Two 4-ounce crab cakes, oven baked and served with a side of chili mango salsa 28.00

Center Cut Chilean Sea Bass\*  **GF**

Paired with a Superfood blueberry and mango salsa, yellow squash, and zucchini spaghetti tossed in olive oil and garlic 39.00

Pesto Penne Pasta  **GF**

Roasted tomatoes, pine nuts, pesto cream 10.00

Chicken 14.00 - Shrimp 15.00

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

## 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