

# EAT WELL

at Thurber's Bar

## SuperFoodsRx™\*

Fuel your body with delicious SuperFoodsRx dishes packed with nutrients and energy. Antioxidant rich and naturally low in calories, our tempting selections make healthy meals impossible to resist.

For a better you.™

### APPETIZERS

MUSTARD SPICED AHI TUNA TARTAR   
lime and pineapple, pita chips 14  
*Echo Bay Sauvignon Blanc*

SMOKED JALAPENO RUBBED SALMON TACOS   
avocado, apple, radish, queso fresco, flour tortilla, chipotle yogurt 13  
*Fingas OS Cobatos*

FRIED CALAMARI  
sweet chili glaze 12  
*Anew Riesling*

BUFFALO WINGS  
buttermilk-sriracha marinated, blue cheese dip, celery sticks 12  
*Beringer White Zinfandel*


POT ROAST SLIDERS (3)  
Cilantro Aioli, home pickled onions, tater tots 13  
*Sivas Sonoma Zinfandel*

### SOUP

SOUP DU JOUR 5

FRENCH ONION SOUP GRATINEE, GRUYERE CHEESE 7

### SALAD

MICRO CHOPPED GRILLED CHICKEN SALAD   
romaine, kale, broccoli, beets, avocado, egg, tomato, cucumber, vinaigrette 14  
*3 Pears Pinot Grigio*

PICKLED BEET AND PEAR SALAD   
farmers cheese, toasted almonds, haricot vert, champagne vinaigrette 15  
*3 Pears Pinot Grigio*

CLASSIC CHICKEN CAESAR SALAD  
grilled herbed chicken breast, crisp croutons, parmesan, pear tomato 14  
*Bollini Pinot Grigio*

HIGH STREET STEAK SALAD  
grilled strip steak, spring greens, oven roasted tomato, red onion, blue cheese, smoked bacon, boiled egg, warm bacon dressing 19  
*Artesa "Elements" Cabernet Sauvignon*

### SANDWICHES

TURKEY BLT   
whole grain bread, lemon mustard aioli, arugula, oven roasted roma tomato 11  
*Anew Riesling*

AMERICAN SNAKE RIVER KOBE BURGER  
truffled mayo, arugula, smoked cheddar, oven roasted tomato, brioche bun 14  
*Penfold Shiraz*

BASIL CHICKEN WRAP  
grilled chicken, basil pesto, fresh mozzarella, oven roasted tomato, arugula 11  
*Broken Dreams Chardonnay*

THURBER'S SANDWICH  
Italian country sausage, broccoli rabe, provolone, roasted red pepper, Kalamata olive tapenade, Focaccia 11  
*Via Vecchia Trovato*

BACON WRAPPED KOBE MEATLOAF SANDWICH  
caramelized onion, smoked cheddar, ciabatta roll 13  
*Shebang Red Blend*

SMOKED PORK BANH MI  
slow smoked pork, Dijon mustard –onion jam, chicken liver mousse, baguette 12  
*Cellar #8 Merlot*

### ENTREES

NEW YORK STRIP STEAK  
balsamic grilled portobello, maytag blue cheese, broccolini 29  
*Chateau Ste Michelle*

KOREAN BBQ SALMON   
ramen noodles, wasabi aioli, seaweed salad 26  
*Anew Riesling*

MARYLAND CRAB CAKES  
creole tartar sauce, shoestring fires 22  
*Anew Riesling*

GRILLED CHICKEN CAVATAPPI  
spinach, oven roasted tomatoes, alfredo sauce 18  
*Eola Hills Chardonnay*

FILET MIGNON  
grilled asparagus, shrimp, roasted fingerling potatoes, roasted tomato confit 34  
*MacMurray Ranch Pinot Noir*

GNOCCHI WITH GRILLED CHICKEN  
mushrooms, spinach, and a marinara cream sauce, smoked gouda cheese 19  
*D'orsaria Pinot Grigio*

PENNE PUTANESCA  
tomato marinara, kalamata olives, capers, white wine, and oregano 16  
*Farnetella Tuscan*

### BEVERAGES

WE PROUDLY FEATURE COCA-COLA PRODUCTS, STARBUCK'S COFFEE AND TAZO

THE WESTIN  
COLUMBUS

SuperFoodsRx™

*Service charges and government taxes are additional.*

\*"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 *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

\*\* Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

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