

State & Lake Chicago Tavern now offers SPE Certified® menu items



Green buildings are LEED® certified and your household products can have the Good Housekeeping Seal of Approval®. Food now can be SPE Certified® which means "health through food."

When you dine on [SPE Certified](#) meals, you can be sure that they are of the utmost nutritional quality without compromising taste. Chefs in a SPE Certified restaurant are preparing seasonal, nutritious and delicious food. Where do you get it in Chicago? I'll meet you at [State & Lake Chicago Tavern](#) in [theWit hotel](#).

Executive Chef Evan Percoco offers satisfying Midwestern American fare, sourced regionally. The SPE breakfast menu includes **Michigan Farm Apple Smoothie** with apple, kale, almond milk and honey wheat germ; an **egg white omelet** packed with squash, dino kale, farro and goat cheese, sided with potatoes and toast; or how about a **cottage cheese parfait** for a real protein punch?

Stop by for lunch and try the SPE Certified dishes such as Giant Lima Bean Salad; seared salmon, butternut squash soup topped with housemade lamb bacon, pumpkin seed pesto and candied fennel. Deviled eggs are not just trendy but super healthy here: they're capped with a chip of duck bacon and sit on a melange of wild rice.

Dinner offers a number of the items also available at lunch like herbs 'n' greens and a Bibb salad but also pan seared Lake Superior whitefish and mustard maple glazed Amish chicken. Dessert? How about an avocado brownie with raspberry fudge sorbet sound? Delish without a drop of butter or cream.

You really can eat modern, inventive food that is certifiably healthy and delicious.

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<http://www.examiner.com/article/state-lake-chicago-tavern-now-offers-spe-certified-menu-items>