



theWit Hotel Chicago Offers Healthy Restaurant Items and Spa Services

While Chicago is the land of burgers, pizza and oversized steaks, theWit Hotel Chicago proves that eating out doesn't have to be fattening.

The hotel is the first property in the Midwest to partner with [SPE® Certified](#), a restaurant certification program that pairs chefs with nutritionists to create meals that are low in saturated fats, salts and processed ingredients and high in healthy foods from local farms. (SPE is an acronym for the Latin phrase Sanitas Per Escam, which means “health through food.”)

“We are honored to be the first to bring SPE to Chicago and the Midwest, and to let our guests know that healthy food can be nutritious and delicious while dining at theWit,” said Ryan Kingston, general manager, [theWit Hotel Chicago](#).

[SPE dishes](#) can be found through the hotel's in-room dining service as well as at the hotel's rooftop bar and at its first-floor restaurant State and Lake where theWit's chef, Evan Percoco, has developed a menu with over 10 SPE-certified dishes, including:

Breakfast - Michigan farm apple smoothie with apple, kale, almond milk, and honey wheat and an egg white omelet with butternut squash, dino kale, farro, goat cheese, and potato.

Lunch - Butter-and-cream free soup made with squash from a Michigan farm and deviled eggs filled with pureed sweet potato with duck bacon from a Wisconsin poultry farm and wild rice on the side.

Dinner - Seared salmon with roasted cauliflower, black lentils, and chive yogurt; mustard maple glazed Amish chicken with pumpkin-mizuna panzanella and pickled onion; or Pan Seared Lake Superior Whitefish with roasted beet, fennel citrus salad, lemon curd.

Dessert - Avocado brownies with raspberries made sans eggs, dairy, or sugar.

Tip: The hotel's [spa](#), called the [Spa@theWit](#), has a new treatment called theDetox, which is designed to be paired with SPE-certified dishes that can be

delivered to the spa area via in-room dining. The 75-minute service, \$185, includes a cucumber-mint sugar scrub, body wrap, and a Swedish massage.

For more information on theWit Hotel Chicago's healthy menu items and spa services, call the hotel at 312-467-0200 or visit [theWit Hotel Chicago's Website](#).

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