



Forget Wine: theWit Hotel's New Menu Has Spa Pairings



While [other hotels](#) are ditching in-room dining, Chicago's [TheWit](#) is seriously upping its game. And your doctor's even going to like this room-service order.

TheWit is the first hotel in the Midwest to partner up with **SPE Certified**, a restaurant certification program that was founded in 2011. Quick crash course: SPE is an acronym for the Latin phrase *Sanitas Per Escam*, which means "health through food." The program pairs chefs with nutritionists to create meals that are low in salt, saturated fats, and processed ingredients. What's left? Lots of tasty stuff— and much of it comes from local farms.

SPE dishes can be found through room service as well as at the hotel's first-floor restaurant **State and Lake**. Chef Evan Percoco's menu now has 12 SPE-certified dishes (we've tasted some and they're delish.) Options include a butter-and-cream free soup made with squash from a Michigan farm and deviled eggs with duck bacon from a Wisconsin poultry farm. There's seared salmon with chive yogurt, and Amish chicken with a mustard-maple glaze. For dessert, pastry chef Toni Roberts whips up inventive treats such as avocado brownies.

Or, you can skip dessert and head to the massage table instead.



At the fifth-floor **Spa@theWit**, the new treatment, **theDetox**, was designed specifically to pair with the **SPE-certified dishes**. The 75-minute service, \$185, includes a cucumber-mint sugar scrub, a body wrap, and a Swedish massage. And items from the in-room dining menu can be delivered right to the spa.

Need a little detox yourself? (Or, just really craving deviled eggs?) Room rates for this weekend start at \$189 per night.

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