



**FOR IMMEDIATE RELEASE**

**theWit HOTEL PARTNERS WITH SPE CERTIFIED TO OFFER INNOVATIVE, HEALTHY DINING OPTIONS FOR GUESTS**

***Hotel and Restaurant First in the Midwest to Be Awarded Unique, Nutrition Focused Certification***

CHICAGO, IL – January 2, 2014 - theWit, a AAA Four Diamond Hotel in downtown Chicago, and SPE Certified, a unique restaurant certification program, announce today their partnership to provide in-room diners and State and Lake Chicago Tavern patrons with healthful, flavorful dishes. theWit is the first restaurant and hotel in Illinois and the Midwest to be certified by SPE. The menus will launch on January 14, 2014.

Born from the Latin phrase, *Sanitas Per Escam*, or “Health Through Food,” SPE Certified is a unique certification program defining a new way to eat by enhancing the nutritional quality of meals without compromising taste. The SPE seal of approval takes into account sustainability, the use of seasonal and locally sourced produce, ideal portion size, and the reduction of salt, saturated fats, and processed ingredients. SPE’s team of experts includes chefs and culinary nutritionists who take an innovative, scientific approach to certifying dishes based on a specific set of rigorous criteria, focusing not solely on health, but also on the sourcing, preparing, and enhancing of food. And above all, taste matters.

“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. “We have always had a firm commitment to offering our guest seasonal and sustainable fare, so this partnership is a natural next step for us.”

Emmanuel Verstraeten, Founder and CEO of SPE Certified, added “We are thrilled to partner with theWit because they are truly innovators looking to transform the way people are eating when traveling. By offering guests options for healthy, nutritious dishes that also taste great, they are paving the way for healthy dining to become naturally integrated into the hotel industry. This approach is perfectly in sync with SPE Certified's founding principles.”

Working in collaboration with State and Lake Chicago Tavern’s Executive Chef Evan Percoco, SPE Certified’s culinary nutritionists and chefs helped to create a selection of 12 dishes on the breakfast, brunch, lunch and dinners menus at State and Lake Chicago Tavern as well as in-room dining menus. Plans to launch catering and ROOF SPE Certified menus will be announced in Spring, 2014 as well.

Examples of the program’s high health and quality standards include the following menu options:

- MICHIGAN FARM APPLE SMOOTHIE - apple, kale, almond milk, honey wheat germ
- DEVILED EGGS - duck bacon, sweet potato, wild rice

- BUTTERNUT SQUASH SOUP - housemade lamb bacon, pumpkin seed pesto, candied fennel
- BIBB SALAD – farro, grapefruit, wood grilled onion, goat cheese, sunflower citrus vinaigrette
- SEARED SALMON - roasted cauliflower, black lentil, chive creme fraîche
- PAN SEARED LAKE SUPERIOR WHITEFISH – roasted beet, fennel citrus salad, lemon curd
- MUSTARD MAPLE GLAZED AMISH CHICKEN – pumpkin-mizuna panzanella, pickled onion
- GIANT LIMA BEAN SALAD - wilted kale, sar-vecchio parmesan

*\*\*Full menus and images are available upon request*

### **About theWit Hotel**

Housed in the epicenter of Chicago’s Loop and theater business districts, the stately AAA Four Diamond theWit Hotel (201 N. State Street) is favored by trendy Chicagoans and tourists alike. Recognized for its luxurious accommodations, stunning architectural design and award-winning dining and drinking spots, theWit Hotel—a Doubletree by Hilton – is considered a jewel of the Windy City. Guests visiting theWit are given several options to dine including State and Lake Chicago Tavern, ROOF and Phoenix Lounge. More details can be found at [www.thewithhotel.com](http://www.thewithhotel.com) or by calling 312.467.0200.

Facebook: [/theWitChicago](https://www.facebook.com/theWitChicago) | Twitter: [@theWitChicago](https://twitter.com/theWitChicago) | Instagram: [/theWitChicago](https://www.instagram.com/theWitChicago)

### **About SPE® Certified:**

SPE® Certified is a unique certification and consulting program designed to enhance the nutritional quality of meals, without sacrificing taste. SPE stands for Sanitas Per Escam (Latin for “Health Through Food”), and its mission is to provide a universal, trusted standard for healthy and delicious dining outside of the home. SPE Certified’s guidelines combine cutting-edge research with international health standards, validated and updated continuously by world-renowned nutrition experts. SPE Certified works with chefs to develop seasonal, great-tasting dishes that focus on sourcing, thoughtful preparation and an artful approach to combining nutrient-dense ingredients. Buildings have LEED; household products have the Good Housekeeping Seal of Approval; food now has SPE certified. Visit [www.specertified.com](http://www.specertified.com) to learn more.

Facebook: [/SPECertified](https://www.facebook.com/SPECertified) | Twitter: [@SPECertified](https://twitter.com/SPECertified) | Instagram: [/healththroughfood](https://www.instagram.com/healththroughfood)

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