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<https://www.nytimes.com/2019/12/03/dining/nyc-restaurant-news.html>

OFF THE MENU

A Tour of the Japanese Table at Chikarashi Isso in the Financial District

Natural wines from the owners of Colonie in Brooklyn, omakase and kaiseki in Astoria, Queens, and more restaurant news.



By Florence Fabricant

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Opening

The Well Kitchen & Table

You can easily take your food allergies, sensitivities and the like to this new restaurant in a club, the Well, which is devoted to wellness with features like a meditation dome and a reflexology lounge. The restaurant is open to the public, not just club members. The restaurant's executive chef, Sherry Cardoso, worked at Cafe Cluny, Per Se and Brooklyn Fare. Her menu, devised in consultation with a team of partners in this enterprise, features just what you'd expect: organic, seasonal, local ingredients in dishes like a sprouted quinoa and bean burger, and a bowl of chickpeas, vegetables and greens at lunch; and at dinner, sashimi, house-made burrata, wild halibut with savoy cabbage, and also the quinoa and bean burger. There is also a daily market table from which diners can select ingredients like roasted vegetables.

2 East 15th Street, 646-560-8088, the-well.com.