

December 5, 2019

<https://www.fsrmagazine.com/content/well-launches-kitchen-table-restaurant>



Chicken Kebab with wild rice pilaf, bell pepper slaw, peruvian hot sauce, coconut-yogurt raita.

The Well Launches Kitchen & Table Restaurant

DECEMBER 5, 2019

THE WELL, a recently opened modern wellness club located in New York's Flatiron, launched Kitchen & Table—a market-fresh restaurant focused on seasonal, local and organic offerings. Spearheaded by Cafe Clover and Clover Grocery partners—David Rabin, Kyle Hotchkiss Carone, and Jeff Kadish—THE WELL Kitchen & Table further builds upon the club's commitment to wellness and healthy living. The restaurant is open to the public and members of THE WELL alike.

Inspired by global influences and healthful traditions from around the world, Executive Chef Sherry Cardoso worked closely with THE WELL founders Rebecca Parekh (CEO), Sarrah Hallock (COO) and Kane Sarhan (CCO) on the menu concept. Formerly of Cafe Cluny, Per Se and Brooklyn Fare, Chef Cardoso brings her experience working at local New York institutions and pulls inspiration from growing up in Brazil to the Kitchen & Table. The seasonal and ever-evolving menu offers guests a variety of dishes a la carte to create their own meal based off any particular specifications or dietary preferences.

The network of practitioners at THE WELL have been integral in the menu creation, advising on the use of vitamin-rich ingredients and healing properties of different herbs. The use of high-quality and seasonal produce is at the core of the brand's ethos, leading the culinary team to source produce from local purveyors and farms including Westwind Orchard (Accord, NY), Satur Farms (Cutchogue, NY) and Arethusa Farm Dairy (Litchfield, CT) to ensure the best ingredients are used.

Open daily for breakfast, lunch and dinner, guests can order 'from the market table,' which includes a selection of a la carte offerings such as roasted vegetables, fresh market salads, and hormone-free proteins or off a curated menu 'from the kitchen,' offering a variety of entrees for a table-service experience.

Notable highlights of the menu include Crispy Skin Wild Caught Salmon paired with steamed bok choy, cilantro and coconut curry; Khichdi, with basmati rice, moong beans and winter squash, inspired by recipes from Rebecca's mother, Joni; and the Maki Bowl with hamachi, nori rice, avocado, house pickles and toasted seaweed.

Breakfast includes an assortment of dishes such as the Soft Dosa a savory lentil and rice pancake served with turmeric-spiced scrambled eggs, spinach, caramelized onions, fermented beets and cilantro chutney; Sprouted Grain Bowl with poached pasture-raised eggs, sprouted ancient grains, avocado, pickled cucumbers, heirloom carrots and blistered tomatoes; and BE(A)C with turkey bacon, folded pasture-raised eggs, avocado and aged pecorino on a brioche bun.

The global influences are evident from plate to palate — the dinner menu features a variety of protein and plant-based dishes including a Lamb Tagine with winter vegetables, saigon cinnamon, lacinato kale, toasted almonds and cilantro; Chicken Kebab with wild rice pilaf, bell pepper slaw, peruvian hot sauce, coconut-yogurt raita; and Coconut Cauliflower Fried Rice with pasture-raised egg, baby carrots, fermented ginger and Cherry Lane farm chilis.

Dessert features housemade pastries including gluten-free options such as Polenta Cake with winter citrus, almonds and italian meringue and Fresh Pineapple with lime, cayenne and coconut cream or treats such as Milk & Cookies made with grass-fed butter, dark guanaja chocolate and almond milk.

"We want to introduce a fresh perspective on healthy eating and make offering well-sourced, high quality ingredients our priority," says Rebecca Parkeh, CoFounder and CEO of THE WELL, "We aim to be the gold standard for wellness and have curated the menu to provide a variety of offerings for all diets and needs."

THE WELL Kitchen & Table also features a signature beverage program, with a selection of low ABV cocktails and biodynamic wines available by the glass or bottle. The signature cocktails rotate seasonally and further underpin the restaurant's ethos to utilizing fresh herbs and ingredients. Notable cocktails include The Constant Gardener with tomato water, cocchi americano, cazottes, fino and tomato salt rim; A Date with Emilio with oloroso, soba cha, date syrup, apple cider vinegar and garnished with a lemon twist; and Far East Side with sake, cucumber, lime, mint leaves and a cucumber ribbon. Specialty teas and coffee will also be on offer in addition to fresh juices and smoothies such as the Green & Green with kale, spinach, avocado, lime, mint, ginger and coconut water; Liquid Sunshine with orange, carrot and ginger; and Green & Bright with spinach, kale, apple, banana, pear, ginger and filtered water.

Designed by Rose Ink Workshop, the 45-seat restaurant features earthy and natural tones throughout. Inspired by a greenhouse, the restaurant includes a wooden trellis framing the bar with hanging plants and dried herbs that change seasonally. The walls are adorned with framed watercolor art by local Brooklyn artist, Matt Timms, to showcase the variety of medicinal herbs used in the recipes. The restaurant includes marbled tables and banquet seating upholstered with Hermes fabric featuring a bespoke pattern designed by Brooklyn illustrator Wayne Pate. The seating also includes vintage Eames chairs evoking a timeless and effortless design.