

The Kitchen at The Houstonian Club Unveils Healthy Menu Offerings during National Nutrition Month

At The Houstonian Club's restaurant The Kitchen, optimized dining options are an extension of their total commitment to a healthy lifestyle.

HOUSTON, TEXAS, UNITED STATES, March 25, 2024 /EINPresswire.com/ -- [The Kitchen](#), a culinary destination at [The Houstonian Club](#), recently announced its spring menu refresh. Executive chef Marcus Hollander is known for his creative dishes which are thoughtfully created with balanced nutrition. The Kitchen was part of The Houstonian Club's recent \$24 million renovation and has since become a gathering destination for members and registered hotel guests.



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During National Nutrition Month, The Kitchen unveiled several new offerings to its popular menu. Keeping in line with The Houstonian Club's commitment to total wellness, executive chef Hollander wanted to create a holistic menu with healthy options alongside fun indulgences.

"At The Kitchen, our goal has always been to provide our guests with a delicious and healthy dining experience, and our newest menu items reflect that commitment," says Hollander. "I spent a lot of time perfecting each dish to ensure they highlight beneficial, fresh ingredients that make dining out easy for our guests."

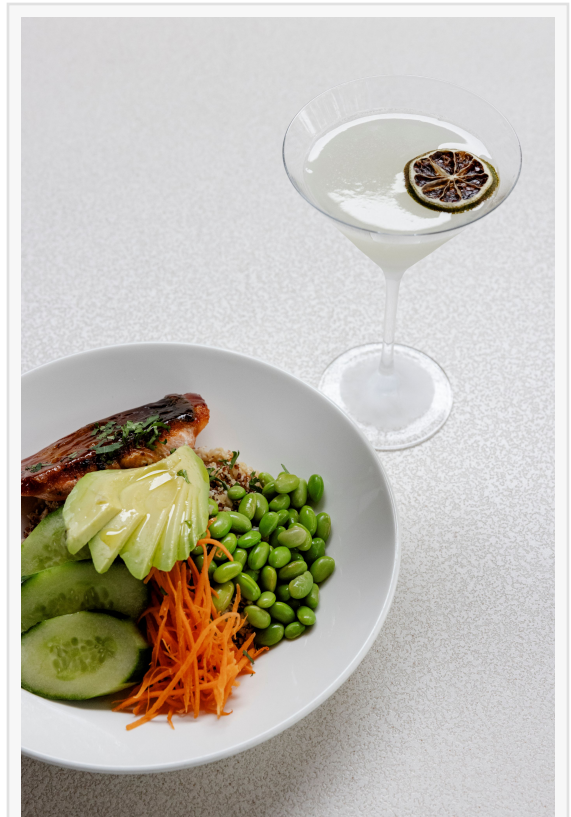
New menu items include the Wild Salmon Teriyaki Bowl. Executive chef Hollander focused on the wild-caught salmon because it is high in omega-3 fatty acids, which aid in brain health and are anti-inflammatory. The Kale Salad, high in antioxidants that protect from free radical damage and decrease inflammation, features roasted chickpeas, avocado, cranberries, pepita seeds, and watermelon radish. Also new to the menu are the Skewerless Chicken Kabobs, which offer a

great source of protein for those who want to meet their daily protein requirements for weight loss or muscle building.

"The Houstonian Club's identity is centered around a healthy lifestyle, and The Kitchen is an extension of that mindset. Our members can sit down to a meal at The Kitchen and know that thought was given to not only taste and presentation but to innovation and balanced nutrition, as well," says Brane Poledica, Club Food & Beverage Director.

In addition to a menu of delicious offerings, The Kitchen also features several vegan, gluten-free, and dairy-free options. Diners can create a customized omelet, enjoy a daily soup, and choose from several shareable items, including Tuscan Hummus, Baked Goat Cheese Ricotta, and Vegan Vegetable Ravioli. The menu includes salads and bowls with add-on proteins, including tofu, grilled chicken, shrimp, and wild salmon. Kids aren't left out of the fun; The Kitchen is a family-friendly restaurant where kids can pick from healthier choices, including Grilled Chicken, Seared Salmon, fresh fruit, or salad.

The Kitchen also offers takeout or pick-up, making it easy for guests to enjoy a workout at The Houstonian Club, followed by the flavors of The Kitchen in the comfort of their own homes.



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[Photos available here.](#)

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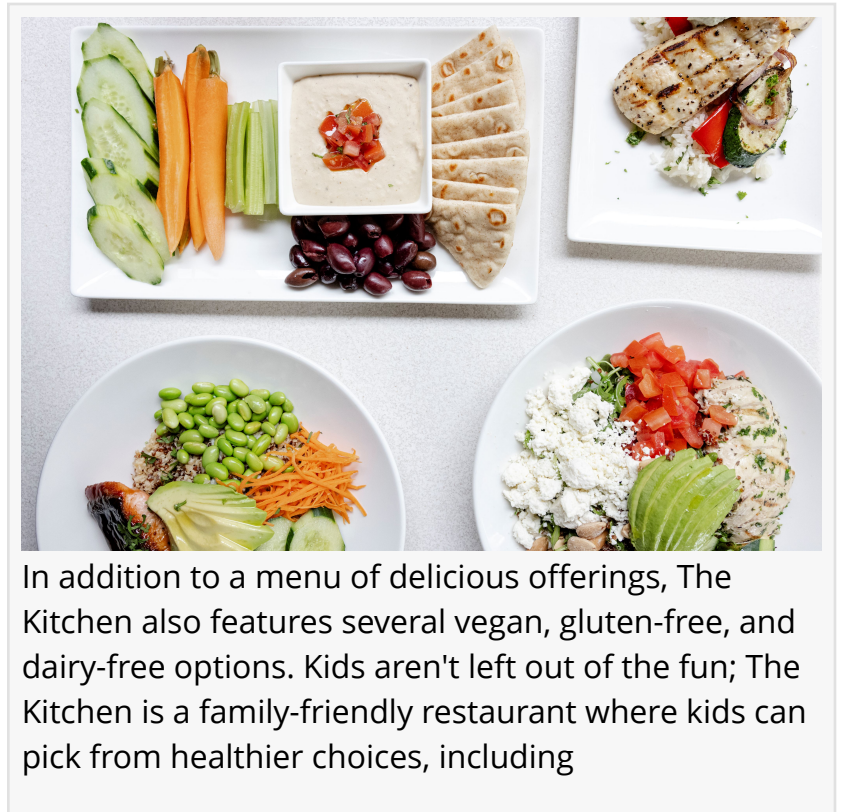
Executive Chef Marcus Hollander

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million

master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort

Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet



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of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turfed fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Trellis offers a Skin Care Clinic and a resident celebrity makeup artist. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled

guest experience.

<http://www.houstonian.com/the-club>

The Houstonian Hotel, Club & Spa / 111 North Post Oak Lane / Houston, Texas 77024

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Gabi De la Rosa

The Houstonian Hotel Club & Spa

+ +1 832-202-9600

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