

# Lunch Menu

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SPA AT THE SHOALS

## *Salads and Starters*

### SEASONAL FRESH FRUIT

with Honey Yogurt Dip

*\$8.95*

### ASSORTED DOMESTIC CHEESE AND FRESH FRUIT PLATE

Classic Caesar Salad, Parmesan Cheese, Croutons and House made Caesar Dressing

*\$8.99*

### STRAWBERRY YOGURT GRANOLA PARFAIT

*\$7.50*

### MIXED GREENS

Tomatoes, Cucumbers, Carrots, Chopped Eggs, Croutons, Shredded Cheese.

*\$8.49*

**Choice of Dressing:** Balsamic Vinaigrette, Ranch, Thousand Island, Poppy Seed, Caesar, Italian Vinaigrette, Oil and Vinegar

## *Entrees*

### MARINATED VEGETABLE WRAP

Crip Carrots, Cucumbers, Spinach, Onions, and Tomatoes in a Balsamic Marinade

*\$8.99*

### TOMATO MOZZARELLA OMELET AND MIXED GREENS SALAD

*\$10.95*

### ROASTED CHICKEN AND MUSHROOM FLATBREAD

*\$10.95*

### SHOALS BURGER

Grilled Beef Patty, Crisp Bacon, Choice of Cheese, Lettuce, Tomatoes and Onions on a Toasted Bun

*\$8.99*



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