

STARTERS

- Artisan Plate 14
hummus, babaganoush, pickled vegetables
goat cheese, grilled sourdough bread
 654 cal | 23.9g fat | 80.7g carb | 27.6g protein

- Golden Gazpacho 10
Queen Creek olive oil, fine herbs
 157 cal | 3g fat | 32g carb | 3g protein

- Bruschetta Trio 14
rosemary goat cheese, fig jam, pine nuts
prosciutto, herb pesto, brie
fresh mozzarella, heirloom tomatoes, basil, balsamic
 687 cal | 33.2g fat | 96g carb | 8.1g protein

- Thai Shrimp & Rice Soup 10
coconut, ginger, tiger prawns, basmati rice, curry
 444 cal | 14g fat | 58g carb | 18g protein

SALADS

- Balsamic Beets Salad 12
baby mozzarella, arugula, pine nuts, basil pesto
 370 cal | 31.4g fat | 15.7g carb | 12.6g protein

- Spa Wedge Salad 10
romaine heart, black pepper bacon, toasted almonds
roasted sweet tomatoes, blue cheese vinaigrette
 519 cal | 35.2g fat | 14.1 carb | 18.1g protein

- Strawberry Salad 10
organic greens, romaine, strawberries, goat cheese
cucumber, candied pecans, strawberry vinaigrette
 465 cal | 39.1g fat | 19.5g carb | 14.2 protein

- Greek Salad 10
organic greens, kalamata olives, cucumber
onion, feta cheese, tangy walnut vinaigrette
 290 cal | 21g fat | 17.8g carb | 6.1g protein

- Spa Caesar 10
baby romaine, soft boiled egg
aged parmesan, buttermilk maple dressing
 428 cal | 30.1g fat | 23.1g carb | 16.7g protein

PROTEINS

- Seared Tiger Prawns 14
 180 Cal | 2.9g Fat | 34.5g Protein

- Free Range Chicken Breast 9
 281 Cal | 6.1g Fat | 52.8 g Protein

- Ahi Tuna 12
 184 Cal | 1.6g Fat | 39.8g Protein

- Seared Salmon 10
 292 Cal | 17.5g Fat | 31.3g Protein

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. 2/17



SANDWICHES & ENTRÉES

- Smoked Turkey & Prosciutto Panini 14
brie, arugula, balsamic reduction, apricot spread
 650 cal | 15g fat | 32.7g carb | 22.3g protein

- Veggie Burger 14
roasted peppers, beets, tzatziki
lettuce, jalapeño mustard
 506 cal | 9.8g fat | 87.1g carb | 19.2g protein

- Angus Beef Sliders 15
cheddar cheese, lettuce, tomato, mighty moe sauce
 701 cal | 41.2g fat | 39.7g carb | 44.3g protein

- Pan-Seared Salmon 18
white beans, roasted sweet tomatoes, tuscan kale
shallots, walnuts
 365 cal | 22g fat | 7.5g carb | 33.9g protein

- Shrimp Bowl 18
honey garlic shrimp, vegetable brown rice
purple cabbage, broccoli, green onions
 650 cal | 8g fat | 12.3g carb | 27.9g protein

SIDES

- Steamed Asparagus 6
 19 Cal | 0.2g Fat | 3.2 Carb | 2g Protein

- Edamame 5
 189 Cal | 8g Fat | 17g Protein

- Vegetable Chips 5
 130 Cal | 6g Fat | 18g Carb | 15.9g Protein

DESSERTS

- Chocolate Fondue 10
seasonal fruit, fresh berries, angel food cake,
whipped cream
 951 cal | 2g1 fat | 199g carb | 14.2g protein

- Warm Banana Bread 8
brûlée banana, peanut butter crumble,
vanilla ice cream
 429 Cal | 19.4 Fat | 58.3g Carb | 7.8g Protein

<p>WINES</p>	<p>SPA INSPIRED COCKTAILS</p>																																							
<table border="0"> <thead> <tr> <th></th> <th style="text-align: right;">g</th> <th style="text-align: right;">b</th> </tr> </thead> <tbody> <tr> <td colspan="3">BUBBLES</td> </tr> <tr> <td>Chloe, Prosecco, ITALY</td> <td style="text-align: right;">12</td> <td style="text-align: right;">48</td> </tr> <tr> <td>Schramsberg, Mirabelle, Brut, CALIFORNIA</td> <td style="text-align: right;">14</td> <td style="text-align: right;">54</td> </tr> <tr> <td>Taittinger, La Francaise, FRANCE</td> <td style="text-align: right;">16</td> <td style="text-align: right;">72</td> </tr> <tr> <td colspan="3">WHITES</td> </tr> <tr> <td>Pighin, Pinot Grigio, ITALY</td> <td style="text-align: right;">13</td> <td style="text-align: right;">50</td> </tr> <tr> <td>Villa Maria, Sauvignon Blanc, NEW ZEALAND</td> <td style="text-align: right;">15</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Sonoma Cutrer, Chardonnay, SONOMA</td> <td style="text-align: right;">15</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Chateau Gassier, Esprit, Rosé, FRANCE</td> <td style="text-align: right;">15</td> <td style="text-align: right;">60</td> </tr> <tr> <td colspan="3">REDS</td> </tr> <tr> <td>Meiomi, Pinot Noir, CALIFORNIA</td> <td style="text-align: right;">16</td> <td style="text-align: right;">64</td> </tr> <tr> <td>Justin, Cabernet Sauvignon, PASO ROBLES</td> <td style="text-align: right;">17</td> <td style="text-align: right;">66</td> </tr> </tbody> </table>		g	b	BUBBLES			Chloe, Prosecco, ITALY	12	48	Schramsberg, Mirabelle, Brut, CALIFORNIA	14	54	Taittinger, La Francaise, FRANCE	16	72	WHITES			Pighin, Pinot Grigio, ITALY	13	50	Villa Maria, Sauvignon Blanc, NEW ZEALAND	15	60	Sonoma Cutrer, Chardonnay, SONOMA	15	60	Chateau Gassier, Esprit, Rosé, FRANCE	15	60	REDS			Meiomi, Pinot Noir, CALIFORNIA	16	64	Justin, Cabernet Sauvignon, PASO ROBLES	17	66	<p>Caprese Bloody Mary 12 organic vodka, Sprouts magic mix mozzarella, tomato, basil</p> <p>Summer Mule 12 tangerine vodka, lime strawberry, ginger beer</p> <p>Detox Margarita 13 Tres Generaciones organic tequila Aloe Fresh, Cointreau, agave nectar, lime</p> <p>Camelback Colada 13 Malibu Coconut rum, pineapple, coconut prickly pear pom fusion, Meyers float</p> <p>Cucumber Collins 13 Hendricks's gin, cucumber liqueur lemon, cucumber, basil</p> <p>Black & Blue Mojito 13 Bacardi, lime, mint muddled blackberry and blueberry</p> <p>Spa Sparklers 13 sparkling wine with your choice of fresh juices or fruit purée</p>
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<p>BEER</p> <p>DOMESTIC 7 Michelob Ultra, Bud Light, Killflifer, Omission Gluten Free</p> <p>NON-ALCOHOLIC 7 O'Doul's</p> <p>IMPORT 8 Corona, Corona Light, Stella</p>	<p>crafted . natural . fresh organic . innovative</p>																																							
<p>COCKTAILS WITH A PURPOSE 13</p> <p>Green Mountain Dynamite Absolut Citron, lemon, maple, cayenne, maple bitters</p> <p>Bluegrass Smash Makers Mark, lemon, orange, agave nectar, rosemary</p> <p>Highland Garden Don Julio Blanco, apple, lemon, celery bitters, tonic</p>	<p>SIGNATURE SMOOTHIES</p> <p>Spa Fresh 9 banana, strawberry, blueberry low-fat greek yogurt, pomegranate juice</p> <p>Klean Green Kale 9 kale, spinach, pineapple, banana coconut water</p>																																							
<p>BEVERAGES 6</p> <p>Fiji Water Pellegrino Coconut Water Kombucha</p>	<p>ANTIOXIDANT COOLERS 7</p> <p>Cucumber cucumber, mint, lime</p> <p>Citrus Aloe Aloe Fresh, grapefruit, lemonade</p> <p>Hibiscus pomegranate, hibiscus, lemon</p>																																							