

# *Spa Menu Additions*

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## **SALADS**

- GARDEN** FIELD GREENS / TOMATOES / THIN SHAVED ONION / CUCUMBER / DRIED CRANBERRIES / WALNUTS / EXTRA VIRGIN OLIVE OIL / APPLE CIDER VINEGAR / **8.95**  
250 CALORIES / 3 G PROTEIN / 23 G FAT / 10 G CARB
- WALDORF** CELERY / APPLES / WALNUTS / RED GRAPES / LOW FAT YOGURT / LEMON JUICE / **6.75**  
149 CALORIES / 4 G PROTEIN / 10 G FAT / 13 G CARB

## **APPETIZERS**

- BEEF CARPACCIO** PAPER THIN RAW FILET MIGNON / DICED RED ONIONS / CAPERS / LOCATELLI CHEESE / FIELD GREENS / HORSERADISH / **10.95**  
280 CALORIES / 31 G PROTEIN / 16 G FAT / 3 G CARB
- TUNA** SESAME CRUSTED AHI TUNA / SIRACHI SAUCE / SEAWEED SALAD / CUCUMBER / **7.95**  
187 CALORIES / 17 G PROTEIN / 7.4 G FAT / 16 CARB
- CRAB** JUMBO LUMP CRAB MEAT / COCKTAIL SAUCE / LEMON / **10.95**  
140 CALORIES / 11 G PROTEIN / .5 G FAT / 1 G CARB

## **ENTREES**

- CHICKEN** PARCHMENT WRAPPED CHICKEN BREAST / SAGE / ROSEMARY / TOMATOES / SALT / PEPPER / OLIVE OIL / KALAMATA OLIVES / QUINOA / GRILLED ASPARAGUS / **21.95**  
556 CALORIES / 45 G PROTEIN / 27 G FAT / 39 G CARB
- TUNA** SESAME CRUSTED AHI TUNA / SEAWEED SALAD / WASABI / CUCUMBER / **20.95**  
375 CALORIES / 33.5 G PROTEIN / 14.8 G FAT / 32 G CARB
- THAI BEEF** GRILLED FILET MIGNON / SPRING MIX / SNOW PEA SHOOTS / RED ONION / EXTRA VIRGIN OLIVE OIL ASIAN LIME DRESSING / **20.95**  
332 CALORIES / 24 G PROTEIN / 23 G FAT / 10 G CARB
- SCALLOPS** FLAX SEED DUSTED SEARED SCALLOPS / QUINOA / GRILLED ASPARAGUS / WILD BERRY SAUCE / **22.95**  
312 CALORIES / 27 G PROTEIN / 5 G FAT / 41 G CARB

*"To eat is a necessity, but to eat intelligently is an art."*

- LA ROCHEFOUCAULD