



SPA MENU

POACHED SALMON SALAD

fresh poached salmon served simply with chopped greens and vegetables, and herb vinaigrette on the side.

15

CHOPPED SALAD WITH ARUGULA

a chopped combination of arugula, mixed baby greens, romaine, artichoke hearts, mushroom, grape tomato, red onion, asparagus, green beans and basil vinaigrette

11 with chicken 14 with shrimp 15

GRILLED FLANK STEAK SALAD

grilled flank steak thinly sliced and served with romaine lettuce, gorgonzola cheese, grape tomatoes and a creamy vinaigrette

15

GRILLED CHICKEN ARUGULA SALAD

grilled chicken breast served on a bed of fresh arugula and shaved fennel with lemon vinaigrette

14

ITALIAN TUNA SALAD

albacore tuna mixed with chopped red onion, capers, light olive oil and vinegar, baby greens, sliced tomato, cucumber, kalamata olives

14

MEDITERRANEAN SHRIMP SALAD

romaine and mixed baby lettuce, red onion, feta cheese, tomatoes, kalamata olives and large sautéed shrimp

15

WHOLE WHEAT PASTA WITH FRESH MOZZARELLA

whole wheat penne pasta with locally made fresh mozzarella, tomato, basil, zucchini and eggplant

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