

GALE'S



SPA MENU

POACHED SALMON SALAD 17

fresh poached salmon served simply with organic greens and vegetables and herb vinaigrette on the side

CHOPPED SALAD WITH ARUGULA 14

a chopped combination of arugula, mixed baby greens, romaine, artichoke hearts, grape tomatoes, hearts of palm, red onion, asparagus, green beans and basil vinaigrette with chicken or shrimp 16 with salmon 18

GRILLED FLANK STEAK SALAD 17

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

GRILLED CHICKEN ARUGULA SALAD 16

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

ITALIAN TUNA SALAD 16

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

MEDITERRANEAN SHRIMP SALAD 16

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

WHOLE WHEAT PASTA WITH FRESH MOZZARELLA 16

whole wheat spaghetti pasta with locally made fresh mozzarella, tomato, basil, zucchini and eggplant comes with small salad