

# Spa Menu

## Salads

Kale and Baby Greens Tossed with Cucumber, Chickpeas, Dried Cranberries, Shaved Brussels Sprouts, Radishes, Sunflower Kernels and House Made Raspberry Dressing

Baby Spinach Salad with Shiitake Mushrooms, Red Cabbage, Grape Tomatoes, Shredded Carrots, Couscous and House Made Sun Dried Tomato Dressing

Steamed Shrimp on Romaine and Boston Lettuce with Avocado, Red Quinoa, Kalamata Olives, Diced Pineapple, Vermont White Cheddar and House Made Balsamic Dressing

## Sandwiches

(Choice of Four)

Grilled Vegetables with Red Pepper Aioli on Olive Focaccia

Turkey, Red Leaf Lettuce and Tomato Wrap

Roasted Chicken and Apple Salad on Pita Bread

Mediterranean Tuna Salad with Capers and a Lemon Olive Dressing

Herb Crusted Goat Cheese, Tomato, Cucumber and Fig on Multi Grain Bread

Grilled Portobello, Fresh Mozzarella, Roasted Peppers, Grilled Zucchini, Balsamic Glaze on Ciabatta Bread

Smoked Salmon, Bermuda Onion, Avocado and Tomato on Whole Wheat Bread

## Desserts

Gluten Free Chocolate Torte

Angel Food Cake with Strawberries and Cream

Coffee, Tea & Decaf