

SPA CUISINE MENU

Dishes are prepared in Bento Boxes (exclusive of tax & gratuity)

CHICKEN SALAD 18

Honey Yogurt Dressing, Dried Cherry, Celery, Romaine Hearts, House Crackers, Sliced Carrots and Cucumbers, Green Apple, Red Grapes
Calories: 475 • Protein: 40g • Carbohydrates: 63g • Fat: 4g

GREEN TEA AND LEMON POACHED SALMON 18

Fresh Parsley, Lemon and Honey Vinaigrette, Crisp Romaine Caesar Salad, Mozzarella and Tomatoes, Balsamic Drizzle, Cantaloupe, Blueberries
Calories: 811 • Protein: 52g • Carbohydrates: 37g • Fat: 50g

TABBOULEH AND QUINOA SALAD 18

English Cucumber, Lemon, Herbs, Olive Oil Dressed Kale, Sunflower Seeds, Basil, Dried Cranberry, Heirloom Tomatoes, Feta Cheese, Honeydew Melon, Blueberries
Calories: 827 • Protein: 25g • Carbohydrates: 124g • Fat: 28g

SMOKED TURKEY AND SPINACH ROLLS 18

Swiss Cheese, Cilantro Aioli, Whole Wheat Tortilla, Strawberry Soup, Mint, Yogurt, Flax Seed, House Guacamole, Corn Chips, Golden Pineapple, Raspberries
Calories: 976 • Protein: 36g • Carbohydrates: 68g • Fat: 54g

BEVERAGES

Voss Water 3

Orange Juice 4



ACQUA

PIETRA

spa



NATUROPATHICA® TEA MENU

VITALITY TEA

Earthy notes of Echinacea and Elderflower support the immune system and build vitality while stimulating aromas of Spearmint, Peppermint and Licorice wake up tired minds.

SKIN TEA

Soothing, lush blossoms of Calendula and Red Clover are entwined with calming Lemon Balm and nestled in a bed of antioxidant-rich White Peony. A refreshing blend, redolent with aromas of Grapefruit and Blood Orange.

STRESS TEA

A floral rapture of Lavender and Chamomile, blended with soothing Linden and infused with Oatstraw, Holy Basil and Schisandra, all are prized by herbalists for their ability to fight stress.

MUSCLE & JOINT TEA

Ruby red Hibiscus is blended with Yerba Mate, rich in calcium and magnesium, and infused with intense, spicy Turmeric, fresh Ginger Root, with a dusting of Anise to assist with muscle and joint health.