

# Spa Menu Additions

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## SALADS

<b>GARDEN</b>	FIELD GREENS / TOMATOES / THIN SHAVED ONION / CUCUMBER / DRIED CRANBERRIES / WALNUTS / EXTRA VIRGIN OLIVE OIL / APPLE CIDER VINEGAR / HONEY / <b>5.95</b>
<b>WALDORF</b>	CELERY / APPLES / WALNUTS / DRIED CRANBERRIES / LOW FAT YOGURT / LEMON JUICE / <b>5.75</b>

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Heading

## APPETIZERS

<b>BEEF CARPACCIO</b>	PAPER THIN RAW FILET MIGNON / DICED RED ONIONS / CAPERS / LOCATELLI CHEESE / FIELD GREENS / HORSERADISH / <b>8.95</b>
<b>TUNA</b>	BLACK PEPPER CRUSTED AHI TUNA / SIRACHI SAUCE / SEAWEED SALAD / TERIYAKI SAUCE / CUCUMBER / <b>8.95</b>
<b>CRAB</b>	JUMBO LUMP CRAB MEAT / COCKTAIL SAUCE / LEMON / <b>10.95</b>
<b>MUSSELS</b>	PLAIN STEAMED PRINCE EDWARDS ISLAND MUSSELS / LEMON / <b>8.95</b>

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## ENTREES

<b>THAI BEEF</b>	GRILLED FILET MIGNON / THAI CHILI SAUCE / SPRING MIX / SNOW PEA SHOOTS / RED ONION / TOMATO / CUCUMBER / EXTRA VIRGIN OLIVE OIL / APPLE CIDER VINEGAR / HONEY / <b>25.95</b>
<b>SCALLOPS</b>	FLAX SEED DUSTED SEA SCALLOPS / QUINOA / GRILLED ASPARAGUS / WILD BERRY YOGURT SAUCE / <b>21.95</b>
<b>SALMON</b>	GRILLED SALMON / GARLIC SPINACH / LEMON / QUINOA / <b>19.95</b>
<b>FLOUNDER</b>	STEAMED FLOUNDER / ASPARAGUS / LEMON / QUINOA / <b>19.95</b>
<b>SEAFOOD COMBO</b>	HALF GRILLED LOBSTER TAIL / GRILLED SEA SCALLOPS / GRILLED SHRIMP / LEMON / ASPARAGUS / QUINOA / <b>34.95</b>
<b>GRILLED CHICKEN</b>	BONELESS GRILLED CHICKEN BREAST / QUINOA / GARLIC SPINACH / <b>18.95</b>

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QUINOA - PRONOUNCED (KEEN - WAH) IS CONSIDERED A GRAIN BECAUSE IT CAN BE USED IN THE SAME WAYS GRAINS ARE USED. IT IS ACTUALLY A SEED FROM THE GOOSEFOOT FAMILY OF GRASS LIKE PLANTS. GLUTEN FREE, HIGH IN FIBER, A COMPLETE PROTEIN AND EXTREMELY HEALTHY FOR YOU.

THE ANCIENT PERUVIANS CONSIDERED THIS THE MOTHER SEED.

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