

the Spa

BITES

Classic Avocado Delight V NF GF bread available 12

with sprouts, tiny tomatoes, & radish on sourdough
+ egg* (3)

Grateful Grain Bowl V GF NF 16

with quinoa & jasmine rice, stewed lentils, soft egg,
marinated kale, ruby kraut, & mustard seed vinaigrette
+ smoked salmon* (6) or avocado (3)

Eggplant Bahn Mi V NF 13

with pickled carrots, radish, thai basil, & spicy
chickpea aioli served on noble bread

Sonoran Salmon* Tacos GF NF 14

with grilled salmon, "refried" black beans, guacamole,
cabbage salad, & tomatillo salsa

Market Salad V GF NF 12

with market greens, avocado, raw shredded vegetables,
green olives, marinated red peppers, sunflower sprouts,
& creamy citrus dressing

+ smoked salmon* (6), grilled chicken (6), or egg* (3)

Pasture Raised Chicken GF 16

with napa cabbage slaw, spiced black beans, toasted
pepitas, pickled jalapeño, & cashew ranch dressing

GF Gluten Free **NF** Nut Free **V** Vegan

All GF items listed above are prepared with gluten-free ingredients.
However, our kitchen is not completely gluten free. Please let us
know if you have a food allergy or sensitivity.

*These items may be cooked to order and may contain raw or
undercooked ingredients. Consuming raw or undercooked meats,
poultry, seafood, shellfish or eggs may increase your risk of a food
borne illness.



BLEND *Available 6a-5p* 8

The Funky Cacao oat milk, hemp seeds, maple syrup, avocado, cacao, & banana

Greenvana green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi

Glow Getter oat milk, strawberry, raspberry, blueberry, banana, dates, hemp seeds, flax seeds, & vanilla

PRESSED 7

Juice orange or grapefruit

SPIRITS 14

Prickly Pear Sangria natura organic pinot grigio, hendrick's solstice gin, seasonal fruit, prickly pear

BEER 6

Lucky Buddha Enlightened Beer japanese rice lager | international distillers & vintners, china | 4.8% abv

Sippin' Pretty Fruited Sour odell brewing co. | fort collins, co | 4.5% abv

Special Effects Zero Alcohol Dry Hop Lager brooklyn brewery | brooklyn, ny | <.5% abv

Maha Hard Seltzer organic, gluten free | 4.5% abv | 110 calories

WINE 12 glass | 48 bottle

Chardonnay natura organic unoaked, central valley, chile

Pinot Noir natura organic, central valley, chile

Cabernet Sauvignon natura organic, central valley, chile

Rosé fleurs de prairie, côtes de provence, france

Prosecco drusian brut, valdobbiadene d.o.c.g, treviso, italy