

Name: \_\_\_\_\_ Room: \_\_\_\_\_ Out Guest: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date Taken: \_\_\_\_\_ Taken by: \_\_\_\_\_ Date Needed by: \_\_\_\_\_

If out guest, CC# \_\_\_\_\_

Please give 24 hours notice

## Spa Menu

All items are listed on the website under 'add-ons' and 'extras' with descriptions. Lunches can be sold when the reservation is made as well, each item is an additional charge. Please note choices on the spa reservation sheet, and cc the requests to the kitchen.

Please check the item(s) of choice:

### Antioxidant Pro-biotic smoothies: \$6/each plus tax

- A blend of sweet farm fresh berries and yogurt
- Banana, apple and organic baby spinach smoothie

### Salads: \$8/each plus tax

- Baby spinach with boiled egg, citrus segments & red peppers dressed with extra virgin olive oil and lemon juice
- Organic mixed field greens with cherry tomatoes, cucumber tossed with aged balsamic and extra virgin olive oil

### Lunches: \$16/each plus tax

- Grilled Paillard of Chicken topped with salsa fresco and avocado
- Seared fish du jour with lemon and fresh dill
- Spa lunches are served with one carbohydrate and sauté of seasonal veggies