

Spa Menu

Soup

Red Pepper Soup accented with roasted garlic, thyme, sweet basil and yogurt 3.50
75 calories/ 1 gram fat

Salads

*Tossed Salad, mixed greens with orange supremes and herbs,
dressed with a red wine and tarragon vinaigrette 3.75*
50 calories/ 3 grams fat

*Spinach and Mushroom Salad, tossed in a zesty citrus
and poppyseed dressing 4.75*
45 calories/ 1 gram fat

Entrées

Fish of the Day

Please ask your waiter for today's selection 19.50

*Grilled Lamb Loin coated with fresh herbs
and served with a bayaldi of Mediterranean vegetables,
accented with a light mint jus 19.75*
350 calories/ 10 grams fat

*Pasta Putanesca served with a sauce of capers, tomato and olives over whole wheat pasta
with sweet basil and parmesan cheese 18.75*
230 calories/5 grams fat

Accompaniments

*Peppered Whole Wheat Pasta, with fresh tomato sauce,
parmesan cheese and basil 4.75*
165 calories/ 3 grams fat

Grilled Shiitake Mushrooms with herbs 4.75 40 calories/ 1 gram fat

Steamed Vegetables 3.25 40 calories/ 0 gram fat

Baked Potato and topping 2.00 160 calories/ 0 gram fat