THE SPA
CAFE

Name: Date:

SPA LUNCHEON MENU

All lunch orders must be placed by 10 a.m. on the day of your visit. Lunch is served noon to 2 p.m.
Before placing your order, please inform your server if a person in your party has a food allergy.

Please select one Entrée (Salad or Specialty) and one Dessert:

SALAD ENTRÉES

☐ **Barley Salad** Tender pearl barley with English cucumbers, Bermuda onions, scallions, red peppers, orange and tossed with extra virgin olive oil and aged Balsamic vinegar.

☐ **Baby Arugula Salad** (GF) Grilled hearts of palm, black beans, roasted red peppers, grilled red onions and grape tomatoes mixed with baby arugula and your choice of dressing.

☐ **Udon Noodle Salad** Jumbo Udon noodles with crispy vegetables tossed in an Asian peanut dressing.

☐ **Sloane's Salad** Baby organic greens, crisp Romaine hearts, tomatoes, cucumbers, red onions, chick peas and artichoke hearts topped with raisins, toasted almonds, croutons and your choice of dressing.

☐ **Garden Salad** (GF) Local garden greens, tomatoes, cucumbers, onions, carrots & your choice of dressing.

Choice of Dressings: Balsamic Vinagrette, Yogurt Basil, Buttermilk Herb, Oil & Vinegar, Honey Mustard, Ranch

Please choose one of the following to add to any of the above salads:

☐ Grilled Chicken Breast | ☐ *Sliced Beef Tenderloin | ☐ Roasted Salmon | ☐ Grilled Shrimp

SPECIALTY ENTRÉES

☐ **Roasted Turkey Sandwich** Freshly-roasted breast of turkey on an orange-cranberry roll with sliced beefsteak tomato, baby arugula & apple-cranberry chutney mayo. Sweet potato kettle chips. Gluten-free roll available upon request. (GF)

☐ **Mediterranean Plate** Tabbouleh, couscous salad and hummus on a bed of baby greens. Served with grilled Naan bread.

☐ **Curried Chicken Salad** Grilled breast of chicken tossed with Granny Smith apple, raisins, fresh lime and non-fat curry mayonnaise. Served with multi-grain bread. Gluten-free bread available upon request. (GF)

☐ **Cranwell Cheese Plate for Two** A selection of local cheeses served with fresh seasonal berries and assorted crackers.

DESSERTS

☐ **Seasonal Sorbet**

☐ **Chocolate Mint Cake** with fresh berries.

(GF) = *gluten-free option*

BEVERAGES (OPTIONAL)

☐ **Cranwell Red Wine** 8.00/glass

☐ **Cranwell White Wine** 8.00/glass

☐ **Pellegrino** 2.95/glass

☐ **½ bottle of Prosecco** 7.00

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*