

The Spa at Cranwell

Luncheon Menu

Appetizers

Baby Spinach Salad

*English Cucumbers, Grilled Golden
Pineapples, Sweet Cilantro Vinaigrette
170 Calories, 8 Grams of Fat*

The Spa Salad

*A Mix of Baby Organic Greens, Red Onions,
English Cucumbers and Grape Tomatoes
25 Calories, 0 Grams of Fat*

Jicama and Roasted Carrot Salad

*Baby Organic Greens, Fresh Citrus,
Yogurt Basil Dressing
89 Calories, 0 Grams of Fat*

Soup Du Jour

Freshly Prepared Selection of the Day

Entreés

Roasted Salmon

*Baby Arugula Salad, Dried Cherries, Yukon
Gold Potatoes, Toasted Walnut Vinaigrette
339 Calories, 13 Grams of Fat*

Curried Chicken Salad

*Granny Smith Apples, Raisins,
Whole Wheat Pita Bread
294 Calories, 9 Grams of Fat*

Grilled Shrimp with Orzo

*Marinated Shrimp, Diced Tomatoes,
Feta Cheese Grilled Hearts of Palm
454 Calories, 24 Grams of Fat*

Tenderloin Wrap

*Sliced Tenderloin of Beef, Caramelized Onions,
Crisp lettuce, Horseradish Mayonnaise
420 Calories, 19 Grams of Fat*

Grilled Garden Vegetables

*Italian Cous Cous, Aged Balsamic Vinegar
387 Calories, 6 Grams of Fat*

*\$17 Per Person, Plus Tax and Gratuity
(Menu Items Are Subject to Change)*