

LUNCH

SOUP

Soup Of The Day

Signature Chicken and Grilled Corn Soup

Crescent Tortilla Soup

175 calories per cup

Turkey Chili

210 calories per cup

Chef's Seasonal Salad

Edamame Hummus

400 calories

SALADS

Fitness

272 calories

Baby Spinach

406 calories

Farmers Market Vegetable

294 calories

Seared Yellow Fin Tuna

384 calories

Spa Tuna

247 calories

Add-ons:

Grilled Chicken, Turkey, Tuna Salad

Seared Tuna, Poached Salmon

SANDWICHES

with root vegetable chips

Grilled Angus Burger or Turkey Burger

438/432 calories low-fat mayo/mustard

Asian Chicken Wrap

377 calories

Grilled Chicken Caesar Wrap

450 calories

Spa Quesadilla

463 calories

Pan-Roasted Turkey Club

495 calories

White Albacore Tuna Pocket

188 calories

BREAKFAST

served from 6:30am until 11am

The Power Breakfast

orange juice or grapefruit juice
scrambled egg whites with tomato, baby spinach,
shiitake mushrooms, fruit salad,
applewood smoked bacon or chicken apple sausage

Housemade Maple Granola

Fresh Fruit Salad

Oatmeal and Bananas

Assorted Naked Fruit Juices

Housemade Low-Fat Muffins

Housemade Fat-Free Granola Bars

FRESHLY SQUEEZED JUICES

Big Squeeze

apple, orange, ginger, mint

Cholesterol Buster

cucumber, apple, celery

Diesel

tomato, celery, spinach, carrot

Green Power

cucumber, celery, parsley, kale, spinach, green pepper

Hangover Helper

carrot, apple, orange, celery

Immune Booster

orange, carrot, ginger

Liquid Oxygen

pineapple, orange, wheatgrass

Take a Beeting

beet, carrot, ginger

V-6

beet, tomato, spinach, carrot, celery, green pepper

Wild Thing

pineapple, apple, watermelon

Zeus Juice

carrot, cucumber, celery, apple, lemon

Create Your Own

choice of up to three ingredients