

Spa Wellness Escape Menu

Breakfast

BBC Energizer Drink

A Blend of Freshly Juiced Carrots, Celery and Apples
with an Essence of Parsley

Or

Hot Oatmeal and Seasonal Berries

with Apple Butter, Raisins and Oat Bran

Or

Egg White Omelet

with Spoon Leaf Spinach and Oven Roasted Tomato

Bran Muffin and California Fruits

\$23.00

Lunch

Italian Vegetable Minestrone

Or

Classic Chilled Gazpacho

Cold Poached Salmon Salad

Wild Watercress, Lolo Rossa, Lime Stone Lettuce and Citrus Vinaigrette

Or

Grilled Breast of Chicken

on Spring Asparagus and Sun-dried Tomato Coulis

Tower of Orange Couscous

with Papaya and Assorted Berries

\$28.00

Dinner

Iceberg Wedge

on Tomato Carpaccio with Spa Blue Cheese Dressing

Or

Marinated Grilled Castroville Artichoke

with Creamy English Mustard Dip

Petit Filet Mignon

with Brown Clamshell Mushrooms and Vegetable Brochette

Or

Herb Crusted Baked Chilean Sea Bass

on Tomato Fondue and Asparagus

Baked Granny Smith Apple Cobbler

Fruit Flavored Frozen Yogurt

Or

Papaya and Mangos

with Raspberry Coulis

\$36.00