



SPECIALTY DRINKS

AQUAE SULIS HYDRATION SIGNATURE REFRESHER..... 7

Cucumber juice, club soda, agave nectar, served over basil ice
 CALORIES: 80 CARBOHYDRATES: 22g FAT: 0g PROTEIN: 16g

ACAI BERRY SMOOTHIE..... 7

Acai berry puree, apple juice, non-fat vanilla yogurt, banana & honey
 CALORIES: 226 CARBOHYDRATES: 58g FAT: 0.3g PROTEIN: 17g

SALADS

AVOCADO & HEARTS OF PALM..... 12

Red onion, cucumber, Heart of palm, citrus vinaigrette in an avocado cup
 CALORIES: 129 CARBOHYDRATES: 10g FAT: 10g PROTEIN: 2.3g

GRILLED MAHI SALAD..... 18

Grilled Mahi with mango salsa on a bed of mixed greens tossed with citrus segments
 CALORIES: 260 CARBOHYDRATES: 15g FAT: 8g PROTEIN: 34g

SOUP

CHILLED MELON SOUP..... 6

Honeydew, cantaloupe & mint with lime yogurt
 CALORIES: 123 CARBOHYDRATES: 30g FAT: 0.5g PROTEIN: 3.7g

SANDWICHES

ALL SERVED WITH YOUR CHOICE OF FRESH FRUIT OR ORGANIC GREENS

GROUND CHICKEN BURGER..... 14

Freshly ground chicken, with lettuce, tomato, onion, avocado
 CALORIES: 570 CARBOHYDRATES: 40g FAT: 15g PROTEIN: 70g

QUINOA CAKE PITA..... 12

Seared quinoa cakes, with grilled pita bread, fresh sprouts, lettuce & tomatoes
 CALORIES: 375 CARBOHYDRATES: 55g FAT: 11g PROTEIN: 14g

ENTREES

SEARED AHI WITH VEGETABLE STIR-FRY..... 22

Ahi tuna, seasonal vegetable stir-fry, udon noodles, ponzu sauce
 CALORIES: 422 CARBOHYDRATES: 42g FAT: 4g PROTEIN: 61g

GRILLED PETIT FILET..... 20

Pan roasted 4oz tenderloin served with baby greens, wild mushrooms & grilled asparagus
 CALORIES: 298 CARBOHYDRATES: 13g FAT: 10.4g PROTEIN: 40g

DESSERT

BUTTERMILK PANNA COTTA..... 9

Silky egg-less custard, served with fresh fruit
 CALORIES: 230 CARBOHYDRATES: 20g FAT: 13g PROTEIN: 2.7g

DARK CHOCOLATE WALNUT CAKE..... 9

Omega-3 enriched chocolate cake with orange drizzle
 CALORIES: 300 CARBOHYDRATES: 48g FAT: 10g PROTEIN: 7g

SOUP

SOUP OF THE DAY..... 5

CHICKEN & VEGETABLE..... 5

SALADS

CLASSIC CAESAR SALAD..... 13

Whole romaine leaves, creamy garlic dressing, Parmesan shavings and focaccia croutons.

add Grilled Breast of Chicken \$4
add Grilled Prawn Skewer \$6

SPINACH SALAD..... 11

Baby spinach, feta cheese, kalamata olives, cherry tomato artichoke hearts & balsamic dressing

add Grilled Breast of Chicken \$4
add Grilled Prawn Skewer \$6

BURGERS & SANDWICHES

ALL SERVED WITH YOUR CHOICE OF FRIES OR SALAD

ALL-AMERICAN BURGER..... 12

Half-pound of ground sirloin on a Kaiser roll with tomatoes, pickles & onion, your choice of American, cheddar or Swiss cheese
add Bacon \$2

GRILLED CHICKEN CLUB..... 12

On Texas toast, stacked with tomato, lettuce, bacon & mayonnaise

MEDITERRANEAN WRAP..... 12

Grilled zucchini, eggplant, olives, sweet pepper & asparagus with garlic mayonnaise

ENTREES

CHAR-GRILLED FILET OF BEEF & FRITES..... 30

GRILLED 8 OZ FILET, roasted wild mushrooms and red wine reduction

FREE RANGE CHICKEN..... 20

Potato puree, roasted vegetables & lemon dressed greens

PAN SEARED WILD SALMON..... 26

Fresh herb whipped potatoes, asparagus & roasted tomato relish

DESSERT

STRAWBERRY SHORTCAKE..... 9

Three layer white cake with Two layers of mixed strawberries whipped cream, and light butter cream frosting

CHOCOLATE MOUSSE CAKE.... 9

Three layers of chocolate cake, & chocolate mousse filling with dark chocolate ganache

WINE

WHITE

	GLASS	BOTTLE
La Crema CHARDONNAY, California	10	44
Kim Crawford SAUVIGNON BLANC, New Zealand	11	52
Pepi PINOT GRIGIO, Italy	9	34
Rudi Wiest RIESLING, Germany	10	38

RED

	GLASS	BOTTLE
Ravenswood MERLOT, California	10	38
Clos Du Val CABERNET SAUVIGNON, California	16	72
Penfold SHIRAZ "Thomas Hyland," Australia	11	42
MacMurry PINOT NOIR, California	11	42

BEER

Domestic..... 5

Budweiser, Coors Light, Bud Light
Samuel Adams, Michelob Ultra

Imported..... 6

Amstel Light, Corona, Heineken
Stella Artois, New Castle Brown