




DINING

SPA DELIGHTS

Blue Corn Tortilla Chips &
Roasted Tomato Salsa 12  

Avocado Toast 12 
scallions. jalapeño. almonds. red onion (can be made gluten free)

Roasted Red Pepper Hummus 14 
chilled vegetables. warm pita. locally made blue corn
tortilla chips

Marinated Olives & Wrapped Dates 14
bacon wrapped dates. olives. almonds. spicy citrus aioli


Fruit Plate 16
banana bread. cottage cheese or yogurt

JW Cheese Plate 18
chef's selection of artisanal cheeses. crackers



WELLNESS-INSPIRED ITEMS

under 500 calories

All items served with radish & avocado side salad, choice of dressing.

Grilled Eggplant Sandwich 14 
roasted red peppers. caramelized onions. baby spinach. feta
cheese garlic herb spread. whole-wheat french baguette

Turkey Pesto Wrap 15
basil pesto. sliced tomatoes. avocado. baby greens.
flour wrap. choice of dressing

Rainbow Kale Salad 15  
red cabbage. quinoa. apple. spinach. smoked almonds.
grana padano


Chicken & Quinoa Burrito 19
spiced quinoa. chicken. cilantro. onion. black beans.
roasted corn. lime. flour wrap

SOUP. SALADS. SANDWICHES



All sandwiches served with choice of french fries,
side salad or cup of soup.

Soup of the Day 9

Tomato Basil Soup 9  
roasted roma tomatoes. basil cream

Bibb Salad 13 
tomatoes. cucumber. bacon. blue cheese crumbles.
blue cheese dressing
add: chicken 6 / shrimp 9 / salmon 11

Caesar Salad 13
chopped romaine lettuce. parmesan cheese.
house made croutons. caesar dressing
add: chicken 6 / shrimp 9 / salmon 11

Roasted Salmon Salad 16  
tomatoes. chickpeas. feta. mint. roasted peppers.
romaine. lemon vinaigrette

Turkey Clubhouse Sandwich 16
shaved turkey breast. bacon. lettuce. tomato. mayo.
whole-wheat toast
add: avocado \$5

Grilled Blackened Chicken Sandwich 17
locally sourced california aged cheddar cheese. avocado.
grilled red onion. sliced tomato. chipotle-honey mustard.
brioche bun
add: bacon 3

 Gluten Free;  Vegetarian;  Vegan

Also Gluten free bread is available upon request. Ask how to make your selection gluten free when ordering.
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of
food borne illnesses, especially if you have certain medical conditions

07/18



DRINKS

SMOOTHIES 12

Energy Elixir • apple, pineapple, celery, spinach, cucumber, lime juice, avocado, coconut water

Recharge Remedy • pineapple, apple, banana, yogurt, coconut water

Nourish Potion • apple, raspberry, strawberry, yogurt, banana, chia seed, coconut water

JUICES 11

Immunity • apple, ginger, lemon

Cleansing Carrot • carrot, apple, lemon, ginger

Revitalizing Blend • apple, kale, lemon, ginger, parsley

REFRESHING CHOICES

Coconut Water 11.2 oz 6

Evian Water 750ml 9

San Pellegrino Sparkling Water 750ml 10

MOCKTAILS 8

Iced Green Tea No-Jito • iced green tea, fresh lime juice, spearmint leaves, honey, club soda

Coconut Mango Crush • coconut water, mango nectar, sparkling water, fresh lime juice

Baby Bellini • peach nectar, sparkling apple juice

Virgin Piña Colada • pineapple juice, coconut milk, maraschino cherries

BUBBLES

Schramsburg, Mirabelle Brut, California 16/79

Taittinger, "La Francaise", Brut, France 24/119

WHITES

Chateau Gassier, Rosé, Esprit Gassier, Cotes de Provence, France 14/55

Villa Maria Sauvignon Blanc, New Zealand 15/59

Merryvale "Starmont" Chardonnay, Napa Valley, California 15/59

REDS

"Meiomi" Pinot Noir 14/55

Justin Cabernet Sauvignon, Paso Robles, California 16/63

Whitehall Lane Merlot, Napa Valley, California 20/79

COCKTAILS

Bloody Mary 10

Mimosa 10

Aquae Seasonal Sangria 12

Blueberry Lemonade 12 • bacardi rum, fresh lemon juice, simple syrup, muddled blueberries

Spa Elixir 14 • hendrick's gin, st-germain, muddled cucumber, fresh lime juice

Angry Cucumber 14 • hanson's organic habanero vodka, fresh lime juice, simple syrup, mr-q cucumber soda, jalapeño, mint leaves

Bluegrass Smash 14 • maker's mark kentucky bourbon, honey syrup, rosemary, fresh lemon & orange juice

Iced Tea 5

Pepsi Soft Drinks 5

Juice 7 • orange, grapefruit, apple, tomato, pineapple, cranberry

Coffee Pot small 8/large 11 • regular or decaffeinated