

DINING

SPA DELIGHTS

Blue Corn Tortilla Chips &
Roasted Tomato Salsa 12  

Avocado Toast 12 
(can be made gluten free)

scallions
jalapeño
almonds
red onion

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

 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

08/18



DINING

WELLNESS-INSPIRED

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



DINING

SOUP & 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

Turkey Clubhouse Sandwich 16

add: avocado 5

shaved turkey breast
bacon
lettuce
tomato
mayo
whole-wheat toast

Grilled Blackened Chicken Sandwich 17

add: bacon 3

locally sourced california
aged cheddar cheese
avocado
grilled red onion
sliced tomato
chipotle-honey mustard
brioche bun

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SALADS

Bibb Salad 13 GF

add: chicken 6 / shrimp 9 / salmon 11

tomatoes
cucumber
bacon
blue cheese crumbles
blue cheese dressing

Caesar Salad 13

add: chicken 6 / shrimp 9 / salmon 11

chopped romaine lettuce
parmesan cheese
house made croutons
caesar dressing

Roasted Salmon Salad 16 GF V

tomatoes
chickpeas
feta
mint
roasted peppers
romaine
lemon vinaigrette



DRINKS

SMOOTHIES

Energy Elixir 12

apple
pineapple
celery
spinach
cucumber
lime juice
avocado
coconut water

Recharge Remedy 12

pineapple
apple
banana
yogurt
coconut water

Nourish Potion 12

apple
raspberry
strawberry
yogurt
banana
chia seed
coconut water

JUICES

Immunity 11

apple
ginger
lemon

Cleansing Carrot 11

carrot.
apple.
lemon.
ginger.

Revitalizing Blend 11

apple
kale
lemon
ginger
parsley

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COCKTAILS

Bloody Mary 10

Mimosa 10

Aquae Seasonal Sangria 12

Blueberry Lemonade 12

stoli blueberry
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
mint leaves

Bluegrass Smash 14

maker's mark kentucky bourbon
honey syrup
rosemary
fresh lemon & orange juice



DRINKS

G B

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

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REFRESHING CHOICES

Coconut Water 11.2 oz 6

Evian Water 750ml 9

San Pellegrino
Sparkling Water 750ml 10

MOCKTAILS

Iced Green Tea No-Jito 8

iced green tea
fresh lime juice
spearmint leaves
honey
club soda

Coconut Mango Crush 8

coconut water
mango nectar
sparkling water
fresh lime juice

Baby Bellini 8

peach nectar
sparkling apple juice

SOFT BEVERAGES

Iced Tea 5

Pepsi Soft Drinks 5

Juice 7

orange • grapefruit • apple • tomato
pineapple • cranberry

Coffee Pot small 8/large 11

regular or decaffeinated

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