

spa & pool menu iii



YOGURT BANANA SMOOTHIES Δ

purple power | acai, blueberries, flaxseed | 9
spa | kale, pineapple, cucumber | 8
mocha | banana, dates, protein, cacao | 9
balance | ginseng, melon, chia seed, basil | 8
summer | strawberry, blossom honey, orange, aloe | 9
add spirulina or bee pollen | 2
carrot juice slushie | 6

SIMPLE GREENS Δ

toy box tomatoes, scarlet radish, cucumber,
sunflower seeds, honey balsamic dressing | 13

ARUGULA Δ

crispy artichokes, green beans, grapefruit, olives, toy box tomatoes,
ricotta salata & lemon olive oil | 18

COBB Δ

herb & lemon grilled chicken, avocado, pepper bacon, farm egg,
organic blue cheese, buttermilk dressing | 19

WINTER SALAD Δ

smoked duck, red oak lettuce, blackberries, roasted beets, crumbled
chèvre & sherry shallot dressing | 18

CAESAR Δ

little gem romaine, treviso, white anchovies & parmesan frico | 15
Add chicken...\$8 shrimp...\$11 crispy tofu...\$7 organic salmon...\$12

MEZZE Δ

avocado & white bean hummus, spicy olives, chickpea wafers | 19

ISLAND POKE BOWL

sticky rice bowl with kim chee, kaiware, edamame, cucumber, wakame, chili
mango, pickled ginger, wasabi, yuzu shoyu sesame dressing & crispy glass
noodles

† ahi tuna...26
† unagi eel...27
† octopus...24
† crispy tofu...19
† organic salmon...24

NOODLE BOWL

ramen bowl with peas, shoots, farm egg, shiitake mushrooms, scallions,
jalapeño, roasted vegetable broth & crispy nori cloud | 21
Add: shrimp...\$11 bacon belly...\$7 crispy tofu...\$7 salmon...\$12 duck
egg...\$8

Our mindfulness & wellness inspired spa “Superfoods” cuisine is a tribute to the healthy lifestyle of the Colorado Rockies and it’s people. Local honey from our hives, acai, spirulina, ginseng, flaxseed, chia seed, chickpeas, cacao, protein powder, aloe, pollen, kale, house cured pastured meats, sustainable seafood, and herbs from our garden stand as testament to our commitment to offering healthful from scratch cooking. Δ Gluten Free