

# spa menu ïïï

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## 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 | 12

## WINTER BEETS Δ

grapefruit, haystack goats cheese, arugula, balsamic syrup  
& spiced pearl onions | 16

## COBB Δ

herb & lemon grilled chicken, avocado, pepper bacon, farm egg,  
organic blue cheese, buttermilk dressing | 18

## CAESAR Δ

little gem romaine, treviso, white anchovies & parmesan frico | 12  
Add chicken...\$6 shrimp...\$9 crispy tofu...\$5

## SHRIMP COCKTAIL Δ

tomato horseradish, jalapeno & preserved lemon | 18

## MEZZE Δ

avocado & white bean hummus, european olives, chickpea wafers | 21

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