

SPA CAFÉ MENU

EARLY RISERS

YOGURT, BERRIES & GRANOLA

vanilla yogurt with seasonal berries and crunchy granola
~5~

SALADS

SERENITY'S SPINACH & STRAWBERRY SALAD

baby spinach, diced cucumbers, red onion, oranges, and
fresh strawberries, sprinkled with sunflower seeds
Your choice of fig balsamic or raspberry vinaigrette
~9~

CLEOPATRA'S CEASAR SALAD

crisp romaine lettuce, mini croutons, real bacon morsels
and parmesan cheese
~8~

WRAPS

KORMA CHICKEN WRAP

grilled chicken breast, bell peppers, red onions, and
mixed lettuce with a coconut curry sauce
~8~

AVOCADO WRAP

avocados, bell peppers, red onion, mixed lettuce with a
creamy spinach spread
~8~

HIP-HOP HOORAW WRAP

cucumbers, red & yellow bell peppers, red onions,
tomatoes, mixed lettuce and fresh sprouts
~7~

TAPAS

FLAT BREAD & HUMMUS

flat bread with a zesty garlic hummus dip,
with a side of julienne cucumber & carrot sticks
~7~

MARINATED MEDITERRANEAN OLIVES

a bowl of mixed mediterranean olives
~7~

BEVERAGES

SMOOTHIES

STRAWBERRY AWAKEN

strawberry
~5~

MANGO REFRESHER

mango
~5~

POM-BERRY

pomegranate, blueberries, blackberries
~5~

WINE

WHITE

Riesling - VQA - Sandbanks Estate - 2008
Dunes Vidal - VQA - Sandbanks Estate - 2008

RED

Cabernet Franc - VQA - Sandbanks Estate - 2006
Baco Noir - VQA - Sandbanks Estate - 2007

Five oz. Glass
~5~

Bottle
~25~

SPECIALTY DRINKS

SPARKLING WINE

Spumante Bambino Piccolo (375ml)
~10~

MIMOSA

4 oz. of Sparkling Wine and Orange Juice
~5~

BEER

Domestic - *Canadian*
Import - *Corona*
~5~

*Alcoholic beverages may be consumed in the Café only.

**Please note that prices do not include HST.