

# The *T* Spa

## To Rejuvenate

**SEASONAL FRUIT PLATE**  
HONEY YOGURT DIP \$7.95

**COASTAL BLEU SALAD WITH CHICKEN**  
MIXED GREENS, CRANBERRIES, BLEU CHEESE,  
WALNUTS, GRAPE TOMATOES, APPLES AND  
RASPBERRY VINAIGRETTE. TOPPED WITH  
GRILLED CHICKEN BREAST \$13.95

**STRAWBERRY SPINACH SALAD**  
WITH BABY SPINACH, SWEET RED ONION,  
TOASTED ALMONDS, WENSLEYDALE CRANBERRY  
CHEESE, FRESH CUT STRAWBERRIES AND HOUSE  
MADE WALNUT CROUTONS. SERVED WITH  
RASPBERRY VINAIGRETTE ON THE SIDE \$8.95

**NORTH WEST LOUIE**  
MIXED GREENS TOPPED WITH CRAB, AVOCADO,  
BELL PEPPERS, TOMATOES, EGGS, OLIVES AND  
SERVED WITH OUR OWN CRAB LOUIS DRESSING  
\$15.75

## FEEL Good Sandwich Board

YOUR CHOICE OF OLIVE MELANGE OR LEMON PEPPER  
COTTAGE CHEESE

**ASIAN COOL LEAF WRAP**  
SPICED AND DICED CHICKEN BREAST, LETTUCE  
CUPS, PEANUTS, WATER CHESTNUTS, SPICY PEANUT  
SAUCE \$8.95

**CRAB WRAP**  
DUNGENESS CRAB SALAD, CRISP LETTUCE, RED  
PEPPER, GREEN ONIONS, SESAME SEEDS WITH  
GINGER LIME DRESSING ON THE SIDE \$14.95

**GRILLED CHICKEN SANDWICH**  
MARINATED CHICKEN BREAST, WENSLEYDATE  
WHITE CHEESE, SPRING MIX, CRANBERRY-  
MUSTARD SAUCE, LETTUCE, TOMATO ON FOCACCIA  
BREAD OR SEEDED GRAINED WHOLE WHEAT  
\$9.95

**CAPRESE STEAK SANDWICH**  
GRILLED ARTISAN FOCACCIA BREAD TOPPED  
WITH BROILED FLAT IRON STEAK COVERED WITH  
ROMA TOMATOES, BUFFALO MOZZARELLA CHEESE  
DREDGED IN EXTRA VIRGIN OLIVE OIL, SALT,  
PEPPER, LEMON JUICE, BASIL CHIFFONADE AND  
CAPERS WITH A BALSAMIC GLAZE \$9.95