

Spa

Chef - Steven Russakoff, Sous Chef - Philip Walter

APPETIZERS

- Hot Artichoke Dip** – parmesan, garlic, lemon, warm ciabatta bread 9.50
- Mediterranean Tapas Platter** – hummus, caponata, tyrosalata, apple wood fired flat bread 10.95
- Crispy Fried Calamari*** – roasted red pepper aioli, spicy cocktail sauce 10.95
- 2** 20/20 **Jumbo Prawn Cocktail*** – spicy cocktail sauce (CAL-180, F-2, P-25, C-12) 10.95
- Dungeness Crab Cakes*** – Thai chile beurre blanc 12.95
- Kobe Beef Sliders*** – caramelized shallot mayonnaise, maytag blue cheese, aloha roll 11.50
- Smoked Mozzarella Quesadilla** – sun-dried tomatoes, corn, red onion 8.95
add chicken \$2.00

SOUP & SALADS

- Heart Healthy Soup of the Day** – ask your server for today's selection 4.95 / 6.95
- New England Clam Chowder** – bacon, potatoes, onion, celery and cream 5.50 / 7.50
- Original Chop Salad** – chicken, salami, basil, garbanzo beans, tomatoes, mozzarella, Italian vinaigrette 8.50 / 12.50
- Classic Caesar Salad** – romaine, parmesan, garlic croutons, classic caesar dressing 6.50 / 10.50
– add diced chicken or bay shrimp 5.95
- 2** 20/20 **Asian Chicken Salad** – celery, peppers, almonds, sesame seeds, miso dressing (CAL-350, F-12, P-32, C-32) 12.95
- 5** 20/20 **Chicken Pistachio Salad*** – organic greens, romaine, strawberries, diced chicken, chopped pistachios, poppy seed dressing (CAL-430, F-12, P-44, C-38) 13.50
- Seafood Cobb Salad*** – mixed greens, Dungeness crab, Bay shrimp, peppered bacon, egg, cherry tomato, blue cheese, avocados, watercress, white balsamic vinaigrette 15.95
- Bistro Waldorf Salad** – chicken, celery, apples, grapes, apricot-mango dressing on mixed greens, tomato, and cucumber 11.95

ENTREES

- Chicken Penne Pesto Pasta** – penne pasta, garlic, peppers, pulled free range chicken, pesto, parmesan 12.95
- Garlic Free-Range Chicken*** – yukon gold potatoes, vegetables 15.95
- 7** 20/20 **Chicken Pesto Burger** – tomato, fresh basil, whole grain bun, side salad (CAL-650, F-20, P-65, C-52) 10.95
- 7** 20/20 **Dungeness Crab Linguine** – whole wheat pasta, mushrooms, tomato, olive oil, white wine lemon broth (CAL-650, F-12, P-38, C-90) 17.95
- 1** **2** **4** **7** 20/20 **Wild King Salmon*** – ask your server about today's preparation M.P.
- 7** 20/20 **Prawn & Asparagus Linguini*** – sautéed shrimp, asparagus, cherry tomato, crimini mushroom, whole wheat linguini (CAL-620, F-13, P-43, C-87) 18.95

DESSERT

- Seasonal Sorbet** – ask your server for today's selection 2.95
- Vanilla Crème Brulee** – creamy vanilla bean custard with a caramelized sugar shell 4.95
- House Baked Seasonal Cobbler** – ask your server for today's selection 6.95
- Chocolate Lava Cake** – decadent chocolate cake filled with chocolate Grenache, served hot with old fashion vanilla ice cream 5.95
- Yogurt Parfait** – non-fat berry yogurt layered with granola, strawberries, blueberries & bananas 5.95
- 7** 20/20 **Cheesecake** – (CAL-180, F-6, P-11, C-20) 4.50

Wine & Beverage

WHITES

- King Estate Pinot Gris, Willamette Valley, OR 9 / 36
- Hogue Chardonnay, Santa Rosa, CA 6.25 / 25
- Nobilo Sauvignon Blanc, Marlborough, New Zealand 7 / 28
- Kendall Jackson Vintner's Reserve Chardonnay, CA 8.50 / 34

REDS

- Ravenswood 'Vintners' Blend Merlot, CA 7 / 28
- Penfolds Koonuga Hill Shiraz, Australia 6.25 / 25
- Cline Zinfandel, Contra Costa County, CA 9.25 / 37
- Bodegas Septima, Cabernet Sauvignon, Argentina 7 / 28

BUBBLIES

- Rive della Chiesa Prosecco Frizante, Italy NV 6.50 / 31
- Domaine Chandon Brut, Napa, CA 13
- Mimosa 6.95

NON-ALCOHOLIC BEVERAGES

- Soft Drinks – Pepsi, Diet Pepsi, Sierra Mist, Root Beer, Gatorade 1.95
- Iced Tea 1.95
- Fresh Lemonade 2.50
- Strawberry Lemonade 2.75
- San Pellegrino 2.25 / 3.50

SPA TEA

- For 32.95 choice of:
- 1) tea forté
 - 2) cup of soup of the day or clam chowder
 - 3) fresh fruit
 - 4) entrée salad
 - 5) dessert

FRUIT SMOOTHIES

16 oz. – 5.00 20 oz. – 5.50

- Strawberry Sensation** – strawberries, banana, vanilla non-fat yogurt & pineapple juice
- Blueberry Burst** – blueberries, banana, vanilla non-fat yogurt & apple juice
- Tropical Breeze** – mango, banana, coconut, vanilla non-fat yogurt, soy milk & pineapple juice
- Peach Passion** – peaches, banana, vanilla non-fat yogurt & organic orange juice
- Pineapple Passion** – pineapple, banana, vanilla non-fat yogurt & orange juice

20/20 LifeStyles Stages: **1**- protein **2**- vegetables **3**- cheese **4**- fruit **5**- milk & yogurt **6**- legumes **7**- whole grains
7 - when served with brown rice

* Consumption of raw or undercooked meats, poultry, eggs, fish or shellfish may increase your risk of food borne illness.