







GREENS





BABY KALE SALAD 10
Pepitas, golden raisins, feta, ginger lime vinaigrette  

ARUGULA SALAD 10
Pears, pecans, blue cheese, maple vinaigrette  

CAESAR 10
Baby romaine, shave parmesan, crouton crumbs

LITTLE GEM SALAD 10
Green leaf, heirloom tomato, English cucumber, radish, balsamic  

SALAD ADDITIONS 8 each



Walnut Apple Chicken Salad 
House Made Tuna Salad 
Smoked & Cured Salmon 
Marinated Grilled Chicken 


SANDWICHES

WALNUT APPLE CHICKEN SALAD 14
Arugula, Tomato, Whole Wheat Wrap

TUNA SALAD 14
Arugula, Tomato, Whole Wheat Wrap

LETS SHARE

AVOCADO DIP 15  
Roasted Garlic, Diced Tomato, Lime, Cilantro, House Tortilla Chips

VEGETABLE HUMMUS 15 
Spa hummus, Seasonal vegetables, Naan

SPA CHEESE BOARD 18
Assorted Local Cheese, Charcuterie Meats, Olives, Crackers

 Gluten Free

 Vegetarian

Many of our items can be made Vegetarian,
Vegan or Gluten Free. Please just ask.

*The Spa at
Norwich Inn*

JUICE BAR MENU

11am-3:00pm Sun/Thur 11am-5pm Fri/Sat

JUICES & SMOOTHIES

10 each drink

TASTE OF SUMMER
Kiwi, Watermelon, Lime

THIS PEARS WELL
Pears, Lemon, Celery

STRAWBERRY APPLE JUICE
Strawberry, Apple

IT'S A BEACH DAY
Pineapple, Celery, Apple, Coconut Water

GARDEN SMOOTHIE
Tomato, Parsley, Celery, Kale, Lemon

BLUEBERRY ALMOND SMOOTHIE
Blueberries, Maple, Almond, Spinach, Milk

PEANUT BUTTER SMOOTHIE
Chocolate, Peanut Butter, Banana, Milk

GREAT BANANA SMOOTHIE
Banana, Greek Yogurt, Norwich Spa Honey, Ginger

SNACK

House Granola: 6
Greek Yogurt, seasonal fruit compote, Norwich Spa Honey: 14
Deep River Assorted Chips: 4
Energy Bars: 5
Something Sweet: 5
Frozen Yogurt: Ask for our Seasonal Flavor LG:12 SM:8

Before placing your order, please inform your server if a person in your party has a food allergy.

Information regarding the ingredients on the menu item list is available upon request.


**This item served raw or undercooked. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

Prices are subject to a 21% service charge and applicable CT state tax. Gratuity is included in the service charge for your convenience.

Wines

Zonin Prosecco, CA (187ml bottle)	14
Barefoot Wines (187ml bottle)	8
Moscato, Pinot Grigio Pinot Noir Sweet Red Rosé	
Local Wines by the Glass	
Stonington Vineyards, Stonington, CT	
Seaport White.	12
Sheer Chardonnay.	14
Sharpe Hill Vineyards, Pomfret, CT	
Ballet of Angels.	11
Cabernet Franc	11

Organic Wines by the Glass 	10
Natura Chardonnay, Chile	
Natura Cabernet, Chile	

Organic Sangria 	12
Eppa Suprafruta White Sangria	
Eppa Suprafruta Red Sangria	

Other Beverages

Saratoga Springs Still Water (12 oz.)	6.25
Saratoga Springs Sparkling Water (12 oz.)	6.25
Assorted Sodas (12 oz.)	4.25
Coffee / Decaf Coffee.	4.25
Iced Tea (unsweetened).	6.25
Iced Coffee	6.25

Specialty Cocktails

Skinny Girl Margarita	12
Aperol Spritz Aperitif	14
Zing Zang Bloody Mary	12
Soleil Classic Mimosa	12
Soleil Pineapple Mimosa	12
“Two Chicks” Cocktails	13

355ml, with premium spirits, all-natural fruit & botanicals, gluten-free and vegan friendly; woman-owned:

- Sparkling Paloma (tequila and grapefruit)
- Sparkling Vodka Fizz (vodka, elderflower and pear)
- Sparkling Lemon Strawberry Kiss (vodka, basil)
- Sparkling Vodka Cutea (peach, cucumber tea & thyme)


Nütrl Vodka Seltzer	13
12 oz., vodka. seltzer. real juice	
Vegan, gluten-free, 100 calories per 12 oz. can:	
Ask your server for available flavors	

“Deep Eddy” Vodka Cocktails	13
Deep Eddy Lemon Vodka & Soda	
Deep Eddy Ruby Red Vodka & Soda	

Local Beer

Subduction IPA, 16 oz., Groton, CT	14
Safe Harbor 1790 Lager, 16oz., New London, CT	14

French Press Coffee (12 oz.)7.25

Organic & Fair Trade

Try our micro roasted & hand-crafted coffee blend.

Our beans are sourced and roasted for us by

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