







GREENS

GOLDEN BEET SALAD 10
Greens, toasted cashews, goat cheese, garden herb vin  


SUMMER ARUGULA SALAD 10
Gooseberries, feta, toasted almonds, blood orange vin  


CAESAR 10
Baby romaine, shave parmesan, focaccia croutons

GARDEN SALAD 10
Romaine, heirloom tomato, cucumber, radish, pickled onion, balsamic  

SALAD ADDITIONS 8 each

Almond Cranberry Apple Chicken Salad 

House Made Tuna Salad 



Marinated Grilled Chicken 


WRAPS

ALMOND CRANBERRY 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, Vegetable Crudité, 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.

JUICE BAR MENU

11am-3pm Sun-Thurs 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 JUICE
Tomato, Parsley, Celery, Kale, Lemon

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

PEANUT BUTTER SMOOTHIE
Chocolate, Peanut Butter, Banana, Almond Milk

SNACKS

House Granola: 6

Yogurt Parfait: Greek Yogurt, Seasonal Fruit Compote, Norwich Spa Honey: 14

Assorted Chips: 4

Kind 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. Gratuuity 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	14
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

Origin Still Water (12 oz.)	5
Saratoga Springs Sparkling Water (12 oz.)	7
Assorted Sodas (12 oz)	5
Coffee / Decaf / Iced Coffee	5
Iced Tea (unsweetened)	5

Specialty Cocktails

Skinny Girl Margarita	12
Aperol Spritz Aperitif	15
Zing Zang Bloody Mary	12
Andre Mimosa	12
Pineapple Strawberry Mango	
"Two Chicks" Cocktails	12
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, lemon, strawberry)	
Nütrl Vodka Seltzer	12
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	12
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.) 8



Organic & Fair Trade

Try our micro roasted & hand-crafted coffee blend.

Our beans are sourced and roasted for us by

Craftsman Cliff Roasters in Norwich, CT.

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