

Juice Bar Food Menu

Yogurt Parfait Greek yogurt, house-made granola, fresh berries	12
Fresh Fruit Cup Seasonal fruit and berries	6
Roasted Red Pepper Hummus  with cucumber, celery, carrots, bell peppers and pita	19
Double Chocolate Chip Brownie	4
Miss Vickie's Assorted Chips	4
Assorted Imported Chocolate and Energy Bars ask server for varieties	7
Frozen Yogurt Dutch Chocolate or Peanut Butter	9
Smashed Avocado and Chips  avocado, tomato, lime and cilantro with house-fried tortilla chips	17
Spa Cheese Board assorted local cheese, prosciutto, olives, crackers	18

Baby Arugula toasted almonds, feta, dried cranberries, Fuji apples, white balsamic vinaigrette  	15
Ahi Tuna Chopped Salad* romaine, kalamata, cucumber, tomato, pickled onion, feta, tossed with yuzu vinaigrette 	21
Caesar Salad* with a side of classic Caesar dressing, croutons and Pecorino-Romano cheese 	15

SALAD ADD-ONS

SLICED AHI TUNA* 12
HERB GRILLED CHICKEN* 8
CHICKEN SALAD 8

Chicken Salad Wrap with almonds, fennel, cranberry, green apple, celery, red onion, lettuce and tomato	18
Blackened Salmon Salad Wrap capers, lemon zest, celery, red onion with tomato, arugula, Dijon aioli	18
Veggie Wrap smashed avocado, lettuce, tomato, cucumbers, roasted red peppers, feta, Greek olives 	16



WELLNESS JUICE MENU

\$10 each

Antioxidant Recharge

Blueberry • Cucumber • Lemon • Ginger • Coconut Water

A refreshing blend rich in antioxidants to support skin vitality, immunity, and natural energy

Digestive Calm

Pear • Fennel • Cucumber • Mint • Lime

Cooling and soothing. Designed to ease digestion, reduce bloating, and restore internal balance

Restore & Revive

Pineapple • Carrot • Lemon • Turmeric • Ginger

A warm, golden anti-inflammatory blend that promotes circulation and supports joint and immune health

Hydration Green

Green Apple • Cucumber • Lemon • Coconut Water. Matcha

Clean, crisp, and mineral-rich. A hydrating green juice fortified with plant nutrients for daily wellness

HYDRATING SMOOTHIES

\$10 each

Strawberry Hibiscus Hydra-Smoothie

Strawberries • Hibiscus Tea • Agave

A refreshing, vitamin-packed hydration blend made with chilled hibiscus tea for light floral brightness

Peach Matcha Radiance Smoothie

Peach • Matcha • Coconut Milk • Honey

Clean, energizing, and antioxidant rich. A smooth blend that supports focus and promotes a natural glow

Kiwi Grape Digestive Smoothie

Kiwi • Green Grapes • Mint • Coconut Water

Enzyme-rich and cooling, this bright smoothie supports digestion and provides gentle hydration with a crisp finish

Blackberry Vanilla Silk Smoothie

Blackberries • Vanilla • Soaked Cashews • Almond Milk • Ice

Luxuriously smooth and nutrient dense. Offers healthy fats & antioxidants



Gluten Free

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.



Vegetarian

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
Gratuities are included in the service charge for your convenience.

Juice Bar Beverage Menu

Wines

Specialty Cocktails

Zonin Prosecco, CA (187ml bottle)

14

Barefoot Wines (187ml bottle)

9

Moscato

Pinot Grigio

Pinot Noir

Sweet Red

Rosé

Local Wines by the Glass

Stonington Vineyards, Stonington, CT

Seaport White

18

Sheer Chardonnay

18

Sharpe Hill Vineyards, Pomfret, CT

Ballet of Angels

12

Cabernet Franc

15

Organic Wines by the Glass 

10

Natura Chardonnay, Chile

Natura Cabernet, Chile

Skinny Girl Wines

10

White or Red

Organic Sangria

12

Eppa Suprafruta White Sangria

Eppa Suprafruta Red Sangria

Skinny Girl Margarita

10

Aperol Spritz Aperitif

15

Zing Zang Bloody Mary

13

Andre Mango Mimosa

13

“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, lemon, strawberry)

SABÉ Cocktails 250ml

13

Espresso Martini

Mojito

“Deep Eddy” Vodka Cocktails

13

Deep Eddy Ruby Red Vodka & Soda

Local Beer

OLB Subduction IPA, 16oz., Groton, CT

14

Safe Harbor 1790 Lager, 16oz., New London, CT

14

Other Beverages

Origin Still Water (12 oz.)

5

Saratoga Springs Sparkling Water (12 oz.)

7

San Pellegrino Aranciata Rossa

6.5

Assorted Sodas (12 oz)

5

Coffee / Decaf / Iced Coffee

5

Iced Tea (unsweetened)

5

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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Gratuity is included in the service charge for your convenience.