



In-Spa Dining Menu 2013

Smoothie of the Day (GF)	6
Fresh Fruit, Soy Milk (GF) Add 12g GNC AMP Protein Cal 156g Protein 8.8g Fat 0.8g Carb 29.8g	4
Fresh Fruit Plate (GF) Melons, Pineapple, Berries, Mint Cal 143g Protein 3.05g Fat 1.45g Carb 36.45g	8
Chips and Salsa Tortilla, Salsa, Papepita Guacamole Cal 498g Protein 5g Fat 35.25g Carb 44g	7
Shrimp Cocktail Tilted Kilt Ale (GF) Wasabi Cocktail Sauce, Charred Lemon, Cilantro Salad Cal 362g Protein 56g Fat 3g Carb 26g	12
Crow's Farm Goat Burrata Salad (GF) Cucumber, Tomato, Radish, Herbs, Balsamic, Queen Creek Olive Oil Cal 327g Protein 11.8g Fat 28.2g Carb 37.3g	12
Canyon Trail Chicken Salad Italian Grilled Chicken, Romaine, Candies Walnuts, Crasins, Avocado, Red Onion, White Cheddar Cheese, Chipotle Sherry Vinaigrette Cal 780g Protein 33.5g Fat 58.2g Carb 22.3g	12
Asian Chop Steak Salad Romaine, Edamame, Roasted Peppers, Carrot, Cucumber, Green Onion, Mandarin Orange, Crispy Egg Noodle, Sesame Onion Vinaigrette. Cal 399g Protein 72.7g Fat 48.2g Carb 13.7g	13
Black Bean Burger Papaya Pablano Salsa, Avocado, Asadero Cheese, Wholegrain Buns Cal 720g Protein 34.8g Fat 36.4g Carb 84.2g	11
Ahi Tuna Salad (GF) Yellowfin, Mizuna Greens, Daikon Radish, Shisho, Sesame Seeds, Sesame Onion Vinaigrette Cal 430g Protein 34g Fat 22g Carb 25.8g	15
R Caesar Italian Grilled Chicken, Romaine Hearts, Ancho Crispy Shallots, Parmesan Reggiano, Malted Caesar Dressing Cal 637g Protein 51.3g Fat 40.3g Carb 60.6g	12

Available with Steak, Salmon, or Shrimp

Steak (6oz)(GF)	5
Cal 438g Protein 47g Fat 26g Carb 0	
Salmon (6oz)(GF)	4
Cal 281g Protein 40g Fat 12.6g Carb 0	
Shrimp (6oz)(GF)	6
Cal 252g Protein 54g Fat 3g Carb 0	
Smoked Turkey Panini	11
Rotella's Wholegrain Bread, Tomato, Swiss, Cranberry Relish	
Cal 628g Protein 39.8g Fat 28.3g Carb 79.2g	
Almond Tarragon Chicken Sandwich	11
9 Grain Wheat Bread, Lettuce, Tomato	
Cal 635g Protein 75g Fat 30g Carb 50.1g	
TBLT	9
Turkey Bacon, Beefsteak Tomato, Boston Bibb Lettuce, Basil Aioli. Applewood Bacon Available	
Cal 433g Protein 10.7g Fat 29g Carb 65.6g	
Applewood Bacon	4
Cal 400g Protein 20g Fat 5.6g Carb 0g	
R Club	12
9 Grain Bread, Turkey, Swiss, Cheddar, Applewood Bacon, Lettuce, Tomato, Basil Mayo	
Cal 870 Protein 48.5g Fat 54.5g Carb 49.5g	

Sides (Available with Sandwiches)

Cottage Cheese 2% (GF) Cal 20g Protein 15.5g Fat 2.2g Carb 4.1g
Steamed Fresh Vegetables (GF) Cal 28g Protein 1.3g Fat 0.1g Carb 6g
Fresh Fruit (GF)) Cal 21g Protein 0.75g Fat 0.1g Carb 14.4g
Fresh Raw Vegetables (GF) Cal 28g Protein 1.3g Fat 0.1g Carb 6g

All Sandwiches are available with Fresh Fruit, Homefried Kettle Chips, French Fries, Cottage Cheese, or Steamed Fresh Vegetables.

Consuming Raw or Undercooked Meats, Poultry, Seafood, Shellfish, or Eggs May Increase Your Risk of Food Borne Illness.

(GF) Items May Be Cooked To Gluten Free

In-Spa Dining is subject to service charge and applicable taxes.

To book In-Spa dining for a group or event, please contact **Spa Botanica Glendale** at (480) 518-8099 or <http://spabotanica.glendale.com/about-us/contact-us/>.