

In Keeping with A  
Healthy Mind & Body  
We Invite You to Share  
In Executive Chef  
David Haick's Spa  
Menu. Cuisine That Is  
Low In Fat & Sugars  
with No Additional  
Salt Added. Our Spa  
Bento Box Menu  
Allows For You to  
Create A Lunch That  
Will Nourish &  
Recharge the Body.

Name: \_\_\_\_\_

Room # \_\_\_\_\_

Desired Time Slot:

Check One

\_\_\_ 12-12:30

\_\_\_ 12:30-1

\_\_\_ 1-1:30

\_\_\_ 1:30-2

\_\_\_ 2-2:30

\_\_\_ 2:30-3

\_\_\_ 3-3:30

\_\_\_ 3:30-4

\_\_\_ 4-4:30

Please Allow 1 Hour  
For Lunch If Booking  
Multiple

Spa Services or  
Planning Activities

Consuming Raw, or  
Undercooked, Meat, poultry,  
Eggs or Shellfish May Pose  
Certain Health Risks

**Spa pricing is inclusive of  
tax and gratuity**



## Spa Bento Box Menu 23

Please Select One Item from Each  
of the Categories Below.

### Greens

- Artisan Sweet Lettuces
- Crisp Romaine Hearts

### Proteins

- Grilled Chicken Breast
  - Grilled Shrimp

### Dressings

- Caesar Dressing
- Balsamic Vinaigrette
- Ranch Dressing

### Enhancements

- Fresh Fruit Salad
- Yogurt & Granola

### Beverages

Infused Water, Hot Tea,  
Iced Tea, Lemonade &  
Coca Cola Products

Additional items available from our lunch menu

## Spa Smoothies 7.60 (additional)

### The Lodge Detox

Avocado, Banana, Cucumber & Kale

### Raspberry Coconut Ripple

Spinach, Raspberry, Flaxseed & Coconut

### The Smurf Berry

Blueberries, Pomegranate, Greek  
Yogurt & Honey