

# SPA CAFÉ MENU

## EARLY RISERS

### YOGURT, BERRIES & GRANOLA

vanilla yogurt with seasonal berries and crunchy granola  
~5~

## SALADS

### SERENITY'S SPINACH & STRAWBERRY SALAD

baby spinach, diced cucumbers, red onion, oranges, and  
fresh strawberries, sprinkled with sunflower seeds  
Your choice of fig balsamic or raspberry vinaigrette  
~9~

### CLEOPATRA'S CEASAR SALAD

crisp romaine lettuce, mini croutons, real bacon morsels  
and parmesan cheese  
~8~

## WRAPS

### KORMA CHICKEN WRAP

grilled chicken breast, bell peppers, red onions, and  
mixed lettuce with a coconut curry sauce  
~8~

### AVOCADO WRAP

avocados, bell peppers, red onion, mixed lettuce with a  
creamy spinach spread  
~8~

### HIP-HOP HOORAW WRAP

cucumbers, red & yellow bell peppers, red onions,  
tomatoes, mixed lettuce and fresh sprouts  
~7~

## TAPAS

### FLAT BREAD & HUMMUS

flat bread with a zesty garlic hummus dip,  
with a side of julienne cucumber & carrot sticks  
~7~

### MARINATED MEDITERRANEAN OLIVES

a bowl of mixed mediterranean olives  
~7~

# BEVERAGES

## SMOOTHIES

### STRAWBERRY AWAKEN

strawberry  
~5~

### MANGO REFRESHER

mango  
~5~

### POM-BERRY

pomegranate, blueberries, blackberries  
~5~

## WINE

### WHITE

*Riesling* - VQA - Sandbanks Estate - 2008  
*Dunes Vidal* - VQA - Sandbanks Estate - 2008

### RED

*Cabernet Franc* - VQA - Sandbanks Estate - 2006  
*Baco Noir* - VQA - Sandbanks Estate - 2007

Five oz. Glass  
~5~

Bottle  
~25~

## SPECIALTY DRINKS

### SPARKLING WINE

Spumante Bambino Piccolo (375ml)  
~10~

### MIMOSA

4 oz. of Sparkling Wine and Orange Juice  
~5~

## BEER

Domestic - *Canadian*  
Import - *Corona*  
~5~

\*Alcoholic beverages may be consumed in the Café only.

\*\*Please note that prices do not include HST.