

## VEGAN WELLNESS

<b>GF</b> LEMON RASPBERRY CHIA SEED PUDDING.....	7
Coconut Cream	
OVERNIGHT OATS.....	6
Rolled Oats, Almond Milk, Fresh Berries	
<b>GF</b> SEARED MARINATED TOFU.....	9
Sesame Ginger Lime Marinade, Chili Oil, Spiced Seaweed	
DUO OF BEET & JALAPEÑO HUMMUS.....	11
Flat Bread, Mixed Olives, Grilled Vegetable Crudité	
<b>GF</b> QUINOA POMEGRANATE SALAD.....	11
Red Cabbage, Red Beets, Red Apples, Cashews	
<b>GF</b> SMOOTHIE BOWL.....	9
Fresh Berries, Mixed Nuts, Dried Fruit, Chia Seeds	

## LOCAL WELLNESS

BURRATA CHEESE.....	9
Asparagus, Red Pepper Coulis, Radish, Olive Oil, Croutons	
CHEF'S SELECTION OF FIVE WISCONSIN CHEESES.....	16
With Accompaniments	
AVOCADO TOAST.....	11
Avocado, La Clare Family Farms Herbed Goat Cheese, Tomatoes, Basil, Poached Egg	
<b>GF</b> EGG SHAKSHOUKA.....	11
Mediterranean Tomato Sauce, Poached Eggs, Wisconsin Feta Cheese, Cilantro	

## EVERYDAY WELLNESS

<b>GF</b> GRILLED CHICKEN BERRY SALAD.....	14
Mixed Greens, Berries, Spiced Almonds, Lemon Coconut Poppyseed Dressing	
<b>GF</b> GRILLED SALMON SALAD.....	18
Boston Bibb Lettuce, Romaine Lettuce, Avocado, Orange, Red Bell Pepper, Scallion, Almond, Lemon Soy Vinaigrette	
SEARED SEA SCALLOPS.....	19
Arancini, Warm Brussels Sprouts, Cauliflower Moody Blue Cheese Cream	

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

**GF** May not meet the definition of "gluten free" due to gluten-containing ingredients prepared in our kitchen.

If you have a life-threatening allergy, please advise your server and we will prepare your meal with extreme caution.

Split plate charge \$2

A 20% gratuity will be added to all Spa Café orders.