

spa drinks

- Watermelon Breeze mint infused fresh watermelon juice, served over ice 6
- Coconut Cooler muddled fresh mint, orange + lime, coconut water, tangerine juice 6
- Pomegranate Detox pomegranate juice, coconut water, fresh blueberries 6

appetizers

- Chicken Tortilla Soup with white cheddar 4.75 / 6.95
- Different Soup Every Day chef's whim 4.75 / 6.95
- New!** Asparagus Bruschetta vermont goat cheese, lemon-tarragon vinaigrette 9.95
- Artichoke Fritters battered + fried artichoke hearts with lemon-tarragon dipping sauce 10.95
- Cottage Nachos jack + cheddar cheese, guacamole, spiced sour cream, pico de gallo 9.95
- Capellini Crabcakes pan seared lump crab, old bay aioli 13.95
- Boneless Chicken Tenders papaya-buffalo bbq sauce, pineapple salsa, blue cheese dip 9.95
- Crispy Calamari curried slaw, jalapeno, cilantro, remoulade 11.95
- Sesami Ahi Tuna Nachos asian vegetables, ginger vinaigrette, wasabi cream\* 12.95

small salads

- Organic Arugula roasted corn, parmesan cheese, light citrus vinaigrette 7.95
- Orange + Beets arugula, walnuts, balsamic dressing 9.50
- Warm Goat Cheese caramelized walnuts, roasted red peppers, light balsamic vinaigrette 9.50
- Spinach cranberries, candied pecans, goat cheese, orange maple vinaigrette 9.50

big salads

- Grilled Vegetable seasonal vegetables, avocado, lemon vinaigrette 12.95
- Maine Lobster Cobb bacon, egg, tomato, blue cheese, avocado, lemon vinaigrette 20.95
- Grilled Chicken + Goat Cheese caramelized walnuts, roasted red peppers, light balsamic vinaigrette 13.95
- Ahi Tuna Nicoise wasabi cream, kalamata olives, potato, tomato, egg, nicoise dressing\* 15.50
- New!** Chinois Grilled Chicken mango, radicchio, napa cabbage, crispy wontons, sesame-mustard vinaigrette 13.95
- Shrimp + Lump Crab hearts of palm, avocado, tomato, lemon-basil dressing 19.95
- Stuffed Avocado tomato, lettuce, quinoa, lemon-basil vinaigrette, choice tuna or chicken salad 13.95

hand helds

- Soup + Sandwich Combo choice half tuna or half chicken salad sandwich, bowl of soup 11.95
- Turkey Burger butter lettuce, tomato, onion, celery-cranberry mayo, brioche bun 12.95
- Veggie Sandwich veggie patty, cheddar, onions, tomato, lettuce, parmesan sourdough toast 11.95
- New!** Grilled Chicken Sandwich feta cheese, grilled red onions, sweet guajillo chile aioli, avocado, ciabatta 12.95
- Classic Burger prime beef, white cheddar, lettuce, tomato, onion, brioche bun\* 12.50
- Maine Lobster BLT+A bacon, butter lettuce, tomato, avocado, lemon aioli, toasted brioche bread 19.95
- Chicken Salad Sandwich apples, walnuts, raisins, mayonnaise, butter lettuce, tomato, toasted brioche 11.95
- Jumbo Lump Crab Melt chive + lemon, white cheddar, avocado, onion, tomato, sourdough toast 15.95
- New!** Lamb Burger ground lamb, manchego cheese, paprika aioli, mache, brioche bun\* 13.50
- Griddled Mahi Fish Tacos guacamole, napa cabbage, pico de gallo, baja sauce, corn tortillas 14.50

mains

- Quiche chef's daily creation, house salad 12.95
- BBQ Tenderloin Tips kicked up bbq sauce, truffled tater tots, brown butter asparagus\* 14.95
- Tempura Battered Fish + Chips apple jicama slaw, ooo-eee sauce 13.95
- Chicken Piccata capers, lemon, artichoke hearts, capellini pasta 13.95
- Grilled Salmon citrus salsa verde, chile scented rice, agave nectar 17.95
- Chicken + Wild Rice Risotto sweet peas, shaved parmesan cheese 13.95

*\* This item may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Before placing your order, please inform your server if a person in your party has a food allergy*