

STARTERS

SOUP DU JOUR 10

POKE BOWL* 22

marinated tuna | seaweed | fresh avocado
cucumber | crispy rice paper | yum sauce

HUMMUS BOWL 20

traditional hummus | kalamata & castelvetro olives
spiced chickpeas | roasted red pepper | pickled carrots
feta crumble | lavosh | pita

BLACK RICE SALAD *gf n* 20

black rice | shiitake & shimeji mushrooms
broccoli | hard-boiled egg | pickled cabbage
toasted pine nuts | lemon vinaigrette

SPA SALAD *gf n* 20

spinach | fresh berries | toasted almonds | fresh herbs
radish | goat cheese | balsamic dressing

PROTEIN BOWL *gf vg* 20

lentils | navy beans | hemp heart | avocado
red leaf lettuce | grapes | vegan ranch dressing

ADD-ONS

GRILLED CHICKEN 10

SEARED AHI TUNA* 14

APPLEWOOD-SMOKED BACON 10



SANDWICHES

Served with chips or fruit cup

SMOKED TURKEY PANINI 22

smoked turkey breast | applewood-smoked bacon
havarti cheese | arugula | onion jam | sourdough bread

MEDITERRANEAN CHICKEN PANINI 22

chicken breast | feta cheese
sun-dried tomato & olive chutney | spinach | pita bread

FUNGHI MELT PANINI 21

mushroom | roasted red peppers | grilled onion
arugula | garlic & herb cheese | naan bread

CAPRESE PANINI *n* 21

fresh mozzarella | roasted tomatoes
basil pesto | sourdough bread

CHICKEN CAESAR WRAP 22

grilled chicken | romaine lettuce | parmesan cheese
caesar dressing | whole wheat tortilla

OPEN-FACED AVOCADO TOAST 21

avocado | roasted tomatoes
pickled onions | balsamic syrup

DESSERTS

BLUEBERRY & LEMON CRUMBLE 12

VANILLA & CHOCOLATE MOUSSE *gf* 12

Gluten-friendly bread available upon request.

gf Gluten-Friendly | *vg* Vegan | *n* Contains Nuts/Peanuts | *gf* Dairy-Free

*This item is served raw or undercooked or may contain raw or undercooked ingredients. Consuming raw or undercooked meats poultry / seafood / shellfish or eggs may increase your risk of foodborne illness. Please notify us of any food allergy.

SMOOTHIES

ADD PROTEIN 3

CLASSIC 12

banana | strawberries | orange

MANGO-LICIOUS 12

mango | strawberries | pineapple

PROTEIN SHAKES

BLUEBERRY BLAST *n* 14

almond milk | blueberries | vanilla protein powder

PB&J *n* 14

almond milk | strawberries
peanut butter | vanilla protein powder

FRESH JUICES

GREEN GODDESS 12

cucumber | apple | celery

GINGER ZINGER 12

carrot | lemon | apple | ginger

SPECIALTY COCKTAILS

ELIXIR BLOODY MARY 16

tito's handmade vodka | spicy bloody mary mix

SEASONAL SANGRIA 16

moscato | fresh juice | fresh fruit

WATERMELON MULE 16

tito's handmade vodka | ginger beer
watermelon purée | lime juice | mint

CUCUMBER & ELDERFLOWER COLLINS 16

chemist gin | elderflower liqueur | soda water | cucumber

PEACH BELLINI 15

sparkling wine | peach nectar



BEERS

DOMESTIC 8

bud light

micheLOB ultra

CRAFT 8

pisgah pale ale | black mountain, nc

perfect day ipa | asheville, nc

mama's little yella pils pilsner | brevard, nc

stella artois | st. louis, mo

WINES

LUNETTA

prosecco | italy (187mL | 750mL)

6oz | btl

15 | 60

OMNI GROVE PARK CUVÉE

crémant de loire | loire valley, france

18 | 80

LOS MONTEROS

cava brut rosé | spain

14 | 50

BARONE FINI

pinot grigio | italy

6oz | 9oz | btl

15 | 23 | 60

DASHWOOD

sauvignon blanc | new zealand

16 | 24 | 64

KENDALL-JACKSON VINTNER'S RESERVE

chardonnay | california

16 | 24 | 64

ROSE GOLD

rosé | france

16 | 24 | 64

GREENWING

pinot noir | oregon

14 | 21 | 56

FRANCISCAN ESTATE CORNERSTONE

cabernet sauvignon | california

14 | 21 | 56

OLD SOUL

zinfandel | california

13 | 20 | 48