

nourish

APPETIZERS

Truffle Fries \$10

parmesan cheese, parsley, sea salt

Roasted Garlic Chipotle

Guacamole & Salsa \$18 (VG) (V) (GFR)

fresh tortilla chips, lime, cilantro

Coconut Chia Pudding \$15 (VG) (GFR)

chef's fresh berries, soy milk, kiwi, mint,
raspberry puree, bee pollen, toasted coconut

Hummus \$15 (VG)

roasted cauliflower, pickled summer beets, carrot
with grilled pita bread

Artisanal Cheese Plate \$24

roasted chef's selection of three fine cheeses, two cured meats,
honeycomb, baguette, dried fruit

Sunshine Bowl \$15 (VG)

roasted house made granola, blueberry, goji berry, flaxseed
with frozen pineapple yogurt, mango, honey

SALADS

Cobb Salad \$18

bacon, heirloom tomatoes, blue cheese crumbles,
hardboiled egg, grilled chicken, avocado,
romaine lettuce, blue cheese dressing

Wild Arugula Salad \$15 (VG) (GFR)

roasted fresh summer corn, endive, grilled peaches,
goat cheese crumbles, poppy seed vinaigrette

The Good Bowl \$18

quinoa, barley, farrow, hemp seed, avocado, kale,
roasted sweet potato, local citrus, toasted almonds,
grilled chicken, light balsamic dressing

Chilled Watermelon Salad \$15 (VG) (GFR)

summer melon, basil, mint, strawberry,
english cucumber, honey, lemon crème

ADD ONS

Grilled Salmon \$10

Grilled Chicken \$8

Grilled Local Vegetables \$7

Substitute Tofu \$4 | Add Tofu \$7

ENTREES

The Spa Burger \$18

grass fed beef, grilled onion, butter leaf lettuce,
tomato, cheddar cheese, thousand island,
served on a brioche bun, served with chips

Salmon BLT Sandwich \$18

grilled & smoked salmon, bacon, butter lettuce,
marinated tomatoes, caper aioli, served with chips

Grilled Shrimp Tacos \$22 (GFR)

corn tortilla, confetti cabbage, chili lime crema, shaved radish,
pineapple mango salsa, queso fresco

Caprese Smash Toast \$15 (VG)

whole grain bread, avocado, shaved asparagus, burrata cheese,
toasted sunflower seed, heirloom tomatoes, basil

Grilled Salmon Temaki Hand Rolls \$24

grilled togarashi salmon, crispy salmon skin, sweet rice, carrot,
cucumber, green onion, pineapple, ponzu sauce

Ceviche Tostada \$18 (GFR)

Roasted local white fish, aji sauce, leche de tigre, avocado,
pomegranate, chicken chicharrón, lime crème

Chicken Club \$18

caramelized onion, grilled chicken, bacon, garlic aioli,
provolone cheese, avocado, butter lettuce, tomatoes,
sourdough bread, served with chips

DESSERTS

Raspberry Sorbet \$12 (VG) (GFR)

meringue, fresh berries

Fresh Macaroons \$9 (VG) (GFR)

three each assorted flavors

(VG) Vegetarian (V) Vegan (GFR) Gluten Free

Gluten Free Bread available Upon Request

The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food-borne illness.

refresh

SPECIALTY COCKTAILS

Jimosa \$12

kenwood yulupa champagne, hibiscus liquer,
preserved hibiscus flower

House Made Frosè \$18

rose water essence, lemon, grand marnier

Amaretto Sól \$12

ketel one vodka, disaronno, orange juice,
pineapple juice, club soda

Spa Reviver \$12

ketel one vodka, lemon juice, Cointreau, lillet, pernod

Garden Collins \$12

ketel one vodka, fresh cucumbers, lemon juice,
soda water, simple syrup

Bloody Rosemary \$14

bloody mary with ketel one rosemary-infused vodka

Blueberry Press \$12

tanqueray gin, st.germain, blue-berry thyme syrup,
club soda, mint

Piña Colada \$12

malibu rum, lime, pineapple juice, coconut water

El Pomelo \$15

corralejo reposado tequila, cointreau, sweet & sour,
grapefruit juice, agave, pressed lime, tajin rim

JC Julep \$13

maker's mark, muddled, strawberries, mint, lemonade

BUBBLES (glass / bottle)

Kenwood Yulupa, Champagne \$9 / \$36

Zonin, Prosecco \$10 / \$40

Moët & Chandon Brut Imperial, Champagne \$120

Veuve Clicquot Brut, Champagne \$133

WHITE WINE (glass / bottle)

Benvolio, Pinot Grigio \$10 / \$40

Mobua, Sauvignon Blanc \$11 / \$44

Cakebread, Sauvignon Blanc \$16 / \$64

Sycamore Lane, Chardonnay \$9 / \$36

Sonoma Cutrer, Chardonnay \$14 / \$56

Mont Gravet, Rose \$9 / \$36

RED WINE (glass / bottle)

Talbott 'Kali Hart' Pinot Noir \$15 / \$60

Sycamore Lane, Cabernet Sauvignon \$9 / \$36

BEER

Bud Light \$5

Dos Equis \$6

Corona Extra \$6

Stella Artois \$6

Blue Moon \$6

Craft

Ballast Point Sculpin IPA 12 oz \$9

Refuge Brewery Blood Orange Wit 16 oz \$8

Stone Pale Ale 12 oz \$7

Modern Times Blazing World Amber 16 oz \$9

MOCKTAILS

Cucumber Seltzer \$6

Flavored Lemonade \$6

Coconut Water \$5

coconut lavender,

Blackberry Iced Tea \$6

or sweet basil

Beverages available for spa tool service only



THE SPA
AT RANCHO BERNARDO INN

Early April