



## Spa Menu

Healthy Options Full of Flavor

Brought to you by

*WATERFALLS SPA*

### SOUP

#### **Hearty Italian Chicken and Vegetable Soup**

This chicken soup is packed with flavor and good for you heart healthy vegetables. Chicken is a good source of protein and selenium.

**\$6.00**

### APPETIZER

#### **Mushroom Quesadillas**

Mushrooms are an excellent source of potassium and a rich source of riboflavin, niacin and selenium.

**\$10.00**

### SALAD

#### **Cranberry Spinach Salad**

Spinach is a great source of dietary fiber, vitamin K and magnesium. Cranberries are full of antioxidants.

**\$9.00**

### SANDWICH

#### **Greek Feta Burger**

Lean angus beef is an excellent source of protein and vitamin B12, also a good source of selenium, zinc and iron.

**\$10.00**

### ENTREES

#### **Chicken and Broccoli Stir-Fry**

Chicken is a great source of protein and selenium. Broccoli is considered a super food which provides a high amount of vitamin C, folic acid, potassium and fiber.

**\$12.00**

#### **Herb-Crusted Pork Tenderloin**

Pork contains many ingredients known to maintain a healthy body, including six essential vitamins, four important minerals, protein and energy.

**\$14.00**

#### **Shrimp and Linguine Fra Diavolo**

Shrimp are an excellent source of selenium and high in Vitamin B12

**\$14.00**

**For spa reservations and general information, dial ext. 1293.**