

Perfect Balance Day Spa: Lunch Menu

Light Luncheon includes your choice of a sandwich or salad and one dessert.

Chips and beverages (Water, tea, lemonade, and coffee) will be provided at Spa.

Sandwiches

All sandwiches include mayonnaise, Please specify!

Breads: Dutch Crunch, Genova Roll, Soft French Roll, Croissant, Marbled Rye, Sliced Sourdough, Sliced Wheat

California Classic

Roasted Turkey, Monterey Jack, Chunky Avocado, Sprouts, Tomatoes

Cranberry Express

Turkey, Cranberry, Cream Cheese, Romaine and Tomatoes

Butcher's Choice

House Roast Beef, Monterey Jack, Mendocino (Spicy) Lettuce, Tomato

Grape Stomp TRY IT HOT!

House pastrami, Monterey jack, tomato, lettuce, Mendocino mustard – spicy

Pesto Chicken

Breast of chicken, provolone cheese, basil pesto spread, romaine, tomato

Joe Montana

Smoked turkey, smoked Gouda, sprouts, & tomatoes

Just a Turkey Sandwich

Roast turkey, jack, romaine, tomatoes

Jerry Rice

Roasted Turkey, Creamy Havarti cheese, Bruno's peppers, red onions, romaine

Steve Young

Breast of chicken, smoked mozzarella, red onions, tomato, romaine

Castaways

Roasted turkey, pepper jack, tomatoes, chunky avocado spread, sprouts

Vegan Veggie

Sliced avocados, black olives, cucumbers, tomato, sprouts, mild Bruno's peppers, carrots, pickles, red onions, romaine

Peppy Pete

Salami, cream cheese mild Bruno's peppers, tomatoes, lettuce

Deli Tuna

White albacore tuna, dill pickles, tomatoes, crisp romaine. Made fresh everyday

Chicken Salad

White meat chicken mixed w/ chopped celery, black olives, red onion, romaine, tomato

Fresh Garden Greens

Tuscan Sun

Spring, spinach, romaine, crumbled gorgonzola, dried cranberries, red pears, pine nuts, avocados, tomatoes, red onions w/Dutch

Baja Chicken

House fajita spiced chicken strips, black olives, avocados, tomatoes, pinto beans, jack cheese, red onions, red bell peppers, romaine, and spring mix w/ cool creamy lime cilantro dressing

Mediterranean

Romaine, marinated artichokes, sun-dried tomatoes, crumbled feta, pine nuts, garbanzos, red bell pepper, Kalamata & green olives, red onions, croutons

Greek Salad

Spring mix, romaine, feta cheese, Kalamata olives, red onions, cucumbers, grape tomatoes

W/ Dutch crunch

Oriental Chicken

White meat chicken, shredded iceberg, mandarin oranges, carrots, cabbage, green onions, water chestnuts, crunchy noodles, sesame

Albacore Tuna

White albacore tuna, romaine, iceberg, egg, cucumber, tomato, black olives, parsley

Spinach Salad

Spinach, avocados, red pears, dried cranberries, toasted almonds, egg, sun dried tomato, grape tomatoes, cucumbers, red onions. Try w/ raspberry balsamic Vinnie or alder market spinach Vinnie

Chef Salad

Iceberg, roast beef, smoked turkey, salami, honey ham, Monterey jack, cheddar cheese, eggs, cucumbers, tomatoes

Caesar Salad

Crisp romaine, parmigiana Reggiano, croutons, w/ Dutch crunch

Sweet Treats & Desserts

Turtle Brownies, Lemon Bar, Chocolate Chip Cookie,
Peanut Butter Cookie, Carrot Cake, Cheesecake