



DRINKS

ICED SPORTEA®

Our staple house iced tea is a premium blend of decaf tea leaves, sugar free, and naturally flavored with ginseng, ginger, lemon and Brazilian mate

SOFT DRINKS

Coke / Diet Coke / Sprite / Ginger Ale

COFFEE

Our locally sourced Moka Origins Fresh-Roasted Coffee Beans / Cappuccino / Espresso

THE TEA SPOT TEA

A full tea menu is available.

THERAPEUTIC LATTE (\$)

Our therapeutic lattes provide a pleasant pause to your day and can serve as a meditative and sensory indulgence that supports and ignites a lifestyle aligned with overall health and well-being. Ask your server for more information on our therapeutic lattes.

MIMOSA OF THE DAY (\$)

Ask your server about our mimosa of the day.

HEART AND SOUL (\$)

Kimerud Collector's Norwegian Pink Gin / Fresh Red Berries / Hand-Squeezed Lime Juice / ROOT The Granada Pomegranate / Fizz Topper / Blackmore Farm Rosemary Garnish

A FULL WINE & COCKTAIL LIST IS AVAILABLE BY REQUEST.

SPRING SPECIALTIES

BLACKENED MAHI TACO (df)

Pico de Gallo / Strawberry Jalapeño Coulis / Cilantro / Lime / Flour Tortilla

TOFU & VEGETABLE STIR-FRY* (v) (df) (s) (se)

Roasted Garlic & Sesame-Marinated Tofu / Broccoli / Bell Peppers / Cremini Mushrooms / Shaved Radishes / Furikake / Sweet & Spicy Teriyaki Sauce

HOUSE MADE CAVATELLI PASTA & SPRING VEGETABLES (vegan upon request)

Preserved Tomatoes / Snap Peas / Artichoke Hearts / Lemon / Basil / Garlic / Shaved Parmesan Cheese / Extra Virgin Olive Oil

GRILLED SWORDFISH (gf) (df)

Chimichurri Grilled Swordfish / Mint & Green Pea Puree / Roasted Spring Radish / Thumbelina Carrots / Asparagus

SPA SIGNATURE DISHES

PORTOBELLO MUSHROOM CHEESESTEAK (veg) (s) (e)

Marinated & Grilled Portobello Mushrooms / Roasted Red Peppers / Caramelized Vidalia Onions / Mozzarella Cheese / New England Style Brioche Roll / Terra Chips

GREEK SALAD POWER BOWL (veg) (se)

Israeli Couscous / Fava Beans / Chickpeas / Shaved Radishes / Sicilian Olives / Tomatoes / Cucumbers / Feta Cheese / Sunflower Seeds / Lemon, Herb, & Shallot Vinaigrette / Extra Virgin Olive Oil

KOREAN BEEF LETTUCE WRAP* (n) (s) (se)

House Ground Prime Beef / Gochujang & Hoisin Sauce / Sesame / Bell Peppers / Pea Tendrils / Broccolini / Roasted Cashews / Radicchio Travisano

CLASSIC GRASS-FED BLACK ANGUS BEEF BURGER* (s) (se) (e)

(Vegan Impossible Burger upon request)

Calkin's Creamery Barn Red Cheddar / Woodloch Burger Sauce / Red Onions / Vine Ripe Tomato / Blackmore Farm Greens / Kaiser Roll / Steak Fries

PAN-GRILLED HALLOUMI & ARUGULA TOAST (veg) (n)

Halloumi Cheese / Shaved Fennel / Red Onions / Mandarin Orange / Pine Nuts / Avocado / Lemon Herb Vinaigrette / Ciabatta

GRILLED CHICKEN WALDORF SALAD (gf) (n)

Free Range Chicken Breast / Baby Spinach / Walnuts / Grapes / Apples / Celery / Snap Peas / Honey & Lemon Greek Yogurt Dressing

FROM OUR GARDEN BUFFET

SALAD BAR & SEASONAL CONDIMENTS

SPRING VEGETABLE MINISTRONE (v) (gf) (df)

SOUP DU JOUR

FRESHLY BAKED VEGAN CHOCOLATE

CHIP COOKIES (v) (gf) (s)

DOUBLE CHOCOLATE MINI BROWNIES

(veg) (s)

SEASONAL SWEETS

Please see our Garden Buffet for the current offerings.

STARTER FOR THE TABLE

FAMILY-STYLE STEAMED EDAMAME (s)

We are proud of sourcing only sustainable seafood, local produce, our own Blackmore Farm herbs and vegetables, hormone-free beef, and free-range poultry.

Locally sourced farms include: Willow Wisp / Calkin's Creamery / Mountain View Mushrooms / Harvest Moon Microgreens / Quails R' Us / Lukan's Farm Resort / Blackmore Farm / Lato Sud Farm / Hudson Valley Fish Farms / Subarashii Kudamono

v = Vegan veg = Vegetarian gf = Gluten Friendly df = Dairy Free
n = Contains Nuts gel = Animal Gelatin s = Soy se = Contains Seeds
e = Contains Egg

Please voice any allergy concerns with your server.

Many items can be made gluten friendly or vegan upon request. Ask your server for more information.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Items cooked to your liking.