


a spa menu with a difference

Dishes marked with our spa logo  are based on the Asian diet pyramid. The Asian pyramid emphasizes traditional ingredients and is derived from the Chinese principle of fan and t'sai, an expression of balance and harmony in food.

Ideally, foods like rice, noodles or grains (fan) should make up half of every meal. The other half (t'sai) should include vegetables, fruit, nuts, beans and small amounts of animal protein.

All of our dishes are made from carefully selected products, most of which are seasonal and of local organic origin. We use only small amounts of monounsaturated oils, such as canola, olive, sesame and walnut. These oils are flavorful but far more healthy than animal fats or saturated fats which have been linked with heart disease.

Most of the offerings on this menu require little cooking time, thus retaining their nutritional value. This ancient concept creates a healthy diet combining both wisdom and pleasure.



enjoy the spell of absolute well-being



spa cuisine
11:00am till 06:00pm

 vegetarian

SMALL BITES

- maine lobster spring roll** > micro leaves • sweet & sour dressing 16
-  **heirloom apples** > pomegranate seeds • peanut butter 9
-  **edamame silk** > extra virgin olive oil • rice crisp 9
-  **dashi broth** > soba noodles • green onions • shi-take mushrooms & organic tofu 12.5

LIGHT BITES

- steamed salmon** > chili peppers • cilantro • mint • lime • bib hearts • cucumber 19
- slow poached free range chicken** > fig compote • baby spinach • red apples 21

BITE OF DELIGHT

- exotic fruit plate** > 12
- régisse panacotta** > citrus segments • vanilla & olive oil 12

getting juiced

Add a colorful variety of fruit and vegetables to your daily diet. Rich in vitamins, minerals, fiber and phytochemicals to maintain good health and energy levels, they also aid against the effects of aging.

Five or more servings of fruit and vegetables in your day is easier than you think with a glass of 100% fruit juice or a fruit smoothie made to order. All use organic seasonal New England ingredients that are locally harvested as available.

MADE IN FRESH FRUIT JUICES 7

local | domestic >

apple < very low in saturated fat & sodium, no cholesterol, high in dietary fiber, high in vitamin C

orange < very low in saturated fat & sodium, no cholesterol, high in potassium, high in thiamin, very high in vitamin C

grapefruit < very low in saturated fat & sodium, no cholesterol, no sugar, high in potassium, very high in vitamin A, very high in vitamin C

pear < very low in saturated fat & sodium, no cholesterol, very high in dietary fiber, high in vitamin C

grape < low in saturated fat & sodium, no cholesterol, very high in manganese

exotic >

mango < very low in saturated fat & sodium, no cholesterol, high in dietary fiber, very high in vitamin A, high in vitamin B6, very high in vitamin C

papaya < very low in saturated fat & sodium, no cholesterol, high in dietary fiber, high in potassium, very high in vitamin A, very high in vitamin C

pineapple < very low in saturated fat & sodium, no cholesterol, high in dietary fiber, very high in manganese, high in thiamin, high in vitamin B6, very high in vitamin C

watermelon < very low in saturated fat, no cholesterol, very low in sodium, high in potassium, very high in vitamin A, very high in vitamin C

MADE IN FRESH VEGETABLE JUICE 7

celery < low in saturated fat, no cholesterol, very high in calcium, very high in dietary fiber, very high in manganese, high in magnesium, high in pantothenic acid, high in phosphorus, very high in potassium, high in riboflavin, very high in vitamin A, very high in vitamin B6, very high in vitamin C

carrots < very low in saturated fat, no cholesterol, very high in dietary fiber, high in manganese, high in niacin, very high in potassium, high in thiamin, very high in vitamin A, high in vitamin B6, very high in vitamin C

cucumber < low in saturated fat, no cholesterol, very low in sodium, high in calcium, high in dietary fiber, high in iron, high in manganese, very high in magnesium, high in pantothenic acid, high in phosphorus, very high in potassium, high in riboflavin, high in thiamin, high in vitamin A, high in vitamin B6, very high in vitamin C

beet < very low in saturated fat, no cholesterol, high in dietary fiber, very high in manganese, high in magnesium, high in potassium, high in vitamin C

any of the fruit and vegetables above can be combined to your own taste

IN SMOOTHIES 8

antioxidants > blueberries & pomegranate

low carb > strawberries & low fat yogurt

non dairy > green tea, banana & honey

THE ORIENTAL SPA T 6

white

emperor's jasmine < only the finest fragrant leaves are selected then deftly rolled into a tight pearl

silver leaf < this white tea is named for the silver down that covers the young unopened buds

green

gyokuro asahi < the most refined of japanese teas, its long, flat, pointed leaves look remarkably like pine needles

lychee green < perfumed in the traditional chinese manner, with a sweet complex bouquet of lychee

black

imperial earl grey < great blend based on an ancient recipe that combines the peel of the spicy bergamot orange with black tea leaves

organic assam < harvested in northeastern india & known for its full-bodied malty character

single herbal

organic chamomille < calming herbal infusion of sweet & fragrant golden chamomile blossoms

organic peppermint < a fresh invigorating herbal infusion, rich in mint oils

organic rooibos < this famous red bush tea is caffeine-free but tastes like a light ceylon black tea

herbal

lemon verbena < a naturally caffeine-free infusion of lemon verbena, lemongrass & lemon balm for simple bliss

relaxing < one of our signature blends with good body & an interesting minty finish

chai

herbal spiced chai < for chai lovers, a spicy blend of premium black teas & fragrant spices

masala black chai < a distinct blended character with a lovely sense of balance

spa

jetlag am < yerba mate (stimulant), ginkgo biloba & ginseng regulate the body clock for sustained energy

jetlag pm < this naturally caffeine-free blend will wash away the day's tensions & headaches, leaving you feeling calm, soothed & ready for deep slumber

life thru water < the exuberant freshness of green tea (antioxidants), organic peppermint (stimulant), organic yerba mate & refreshing lemongrass infuse this blend to restore vitality & confidence

cold & flu < a vitamin C caffeine-free blend of peppermint, ginger root, thyme, orange peel & lemongrass

peace thru water < carefully selected flowers & herbs work together to calm jangled nerves

LUNCH BENTO BOX 32

gala apple & Vermont aged cheddar salad • quince vinaigrette
miso soup • organic tofu • shitake mushrooms • scallions
seared atlantic salmon, tofu or organic seared chicken breast
bok choy • chili & ginger soy sauce
seasonal sliced fruits

CHEF SAYS...

- seared new england jonah crab cake** < 14
sparrow arc fram sweet tomato jam • avocado salsa
- 👉 **truffle white bean spread** < 8
pita chips • chive • fleur de sel
- seared rare yellowfin tuna** < 17
chilled watermelon • sienna farm radishes • vermont lime creme fraiche
- sienna farms squash risotto** < 15
heirloom cherry tomato • parmesan • vermont crème fraiche
- seared thai beef** < 18
chili pepper • cilantro • mint • lime • sweet gem

👉 Suitable for vegetarian

These items may be served raw, undercooked or cooked to your specifications.
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs, may increase your risk of food borne illness.