

# **JOHN CARVER INN & SPA**

## **SPA BENTO BOX MENU**

**11:30AM to 4:30PM**

**#1**

### **Grilled Fresh Salmon Filet**

*Buckwheat Soba Noodle Slaw with Miso Dressing  
Euro Cucumber and Tomato Salad  
Fresh Fruit Skewers*

**#2**

### **Organic Grilled Chicken Breast**

*Sautéed Organic Spinach with Roasted Tomatoes and Portobello's  
Organic Brown Rice  
Honey Baked Apple*

**#3**

### **Jumbo Chilled Shrimp Cocktail**

*Wedge of Brie Cheese with Sliced Apple and Pear Wedges  
Avocado, Mesclun, Tomato and Cucumber Salad  
Cut Fresh Fruit with Vanilla Yogurt*

**#4**

### **Organic Chicken Roll-up**

*With Avocado, Lettuce and Tomato drizzled with Chipotle Ranch dressing  
Organic Brown Rice  
Salsa and Sour Cream  
Cut Fresh Fruit*

***All seasonal Vegetable selections are subject to change  
\$25 per person  
(includes tax and gratuity)***

**PLEASE ALLOW 24 HOUR NOTICE FOR ORDERING**