

ASCEND

S P A & W E L L N E S S

WELLNESS MENU

Polaris Salad | \$9

Carrots, Cucumber, Radish, Grape Tomatoes, Mixed Greens Selection of Zesty Ranch
or House Vinaigrette

ADD Grilled Chopped Chicken +7 | ADD Grilled Sliced Flank Steak +\$13

Melon Caprese | \$19

Cantaloupe, Arugula, Burrata, Prosciutto, Honey Vinaigrette, Candied Walnuts

Caesar Salad | \$9

Crisp Romaine, Garlic Croutons, Parmesan Cheese

ADD Grilled Chopped Chicken +7 | ADD Grilled Sliced Flank Steak +\$13

Academy BLT | \$14

Applewood Bacon, Iceberg Lettuce, Heirloom Tomato, Apple Gastrique, Sourdough

ADD Egg +\$3 | ADD Avocado +\$3 | ADD Chicken +\$9

Mediterranean Platter | \$18

Roasted Garlic Hummus, Olive Tapenade, Vegetable Crudite, Grilled Flatbread

Marinated Olives | \$10

Citrus Marinade

Colorado Meat and Cheese | \$35

Riverbear Meats, Mouco Cheese, Local Honey, Fresh Fruit, Spiced Nuts, Lavosh

Santa Fe Trail Parfait | \$16

Vanilla Greek Yogurt, Overnight Oats, Fresh Berries, House Made Granola

Bowl of Fruit | \$5

Seasonal Fresh Fruit

Tru Fru Chocolate Dipped Mixed Berries | \$10

