



Massage And A Meal Menu Sample

- Choose a Salad -

Garden salad Served with your choice of dressing

Classic Caesars Served with Parmesan crisp and croutons

Mesclun Greens Served with teardrop tomatoes and balsamic vinaigrette

- Choose an Entree -

Herb Roasted Breast of Chicken served with Supreme sauce

Chicken Marsala served with a Marsala wine sauce

Atlantic Salmon served in herbed lemon dill butter sauce

Grilled Marinated Flank Steak served with Burgundy Wine Sauce

Pan Seared N.Y. Sirloin served with Herbed Balsamic Reduction

- Choose One Starch-

Wild Rice Pilaf

Garlic Mashed Potatoes

Roasted Red Potatoes

- Choose Two Vegetables -

French Cut Green Beans

Steamed Broccoli

Spinach

Carrots

Asparagus

Squash

- Dessert -

Cheesecake Plated & Garnished