



# 100 FOUNTAIN SPA MENU

EXECUTIVE CHEF THERESE DeGRACE  
*'Using the finest local and regional ingredients'*

## Simple Salad

Baby Greens with Dried Fruit, Mixed Seeds and Sweet Onion Vinaigrette.....\$9

## Pillar and Post Caesar Salad

Romaine Tossed with Herb Focaccia Croutons, Bacon Bits, Shaved Parmesan and Garlic Buttermilk Dressing .....\$10

## Asian Salad

Baby Greens, Scallions, Sweet Red Peppers, Toasted Almonds, Mandarin Oranges and Sesame Vinaigrette .....\$8

Add Shrimp or Chicken .....\$6

## Buffalo Spiced Chicken Tender Salad

Mixed Greens with Buffalo Spiced Breaded Chicken Tenders, Shredded Cheddar and Blue Cheese Dressing .....\$14

## Asparagus Frittata

With Cheddar, Sweet Peppers, Basil Drizzle and Simple Salad .....\$11

## Grilled Brie Salad

Pesto Rubbed and Grilled Brie with Portobella Mushroom, Arugula, Sunflower Seeds and Beet Vinaigrette .....\$14

## Antipasto Platter

Sliced Prosciutto, Roasted Red Peppers, Bocconcini, Sliced Melon, Black Olives and Herb Flat Bread .....\$13

Grilled Pita and Hummus .....\$7

## Thai Chicken Wrap

Seasoned Chicken Breast with Young Greens, Sesame Vegetables and Coconut Curry Dressing .....\$14

## Roasted Portobello

Juicy Portobello Mushroom, Roasted Sweet Red Peppers, Arugula with Sun Dried Tomato Dressing on Ciabatta .....\$11

## Wines by the Glass

Château Des Charmes Sauvignon Blanc.....\$9

Thirteenth Street Riesling.....\$9

Inniskillin Pinot Grigio .....\$8

Mike Weir Chardonnay .....\$9

Inniskillin Pinot Noir .....\$8

Blackstone Cabernet Sauvignon .....\$12

Hardys Shiraz.....\$12

Pillar and Post Meritage .....\$10

## Cocktails

Strawberry Daiquiri.....\$7

Margarita .....\$6.50

Mimosa.....\$6.25

Pina Colada.....\$6.50

Icewine Martini .....\$12.50

Greygoose Martini .....\$12.50

All charges will be settled to guest's 100 Fountain Spa account. All charges are subject to 15% gratuity. For more selection please visit our Cannery Restaurant or Vintages Wine Bar & Lounge.