

# 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 +9 | ADD Grilled Sliced Flank Steak +\$19

### Greek Salad | \$16

Romaine, Cucumber, Heirloom Cherry Tomatoes, Kalamata Olives, Pickled Red  
Onion, Feta, Greek Dressing

### Caesar Salad | \$17

Crisp Romaine, Garlic Croutons, Parmesan Cheese

ADD Grilled Chopped Chicken +9 | ADD Grilled Sliced Flank Steak +\$19

### Mediterranean Platter | \$18

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

### Colorado Meat and Cheese | \$38

Chef's Selection of Local Meats & Cheeses, Honey, Fresh Fruit, Spiced  
Nuts, Lavosh

### Pamela's Granola Bowl | \$16

Vanilla Greek Yogurt, Fresh Fruit, House Made Granola

### Burrata | \$22

Burrata, Chili Oil, Heritage Blend Greens, Sourdough



\*A 20% Service Charge and Delivery Fee will be added. Thank you for your patronage.