

# vegan & gluten free

## smoothies iii

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**PURPLE POWER** acai, blueberries  
& flaxseed | 9

**SPA** kale, pineapple  
& cucumber | 8

**SUNSHINE** orange, mango, pineapple,  
carrot & coconut water | 9

**BALANCE** ginseng, melon, chia seed  
& basil | 8

**SUMMER** strawberry, blossom honey,  
orange, aloe | 9

add spirulina or bee pollen | 2

## leaves iii

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**HOUSE MADE FRUIT & NUT GRANOLA**  
(contains honey) seasonal berries | 17

**SUPERFOOD**  
arugula, tuscan kale, ancient grains,  
artichokes, blueberries, almonds,  
tomatoes & lemon-strawberry chia  
dressing | 21

**FRESH BEETS**  
roasted heirloom beets,  
pomegranate- blood orange gastrique  
& lemon oil | 23

**SIMPLE GREENS**  
toy box tomatoes, scarlet radish,  
cucumber, sunflower seeds,  
Balsamic dressing | 16

Our mindfulness & wellness inspired spa “Superfoods” cuisine is a tribute to the healthy lifestyle of the Colorado Rockies and it’s people. Local honey from our hives, acai, spirulina, ginseng, flaxseed, chia seed, chickpeas, cacao, protein powder, aloe, pollen, kale, house cured pastured meats, sustainable seafoods, and herbs from our garden, all stand as testament to our commitment to offering healthful, from scratch cooking.

## shares iii

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**MEZZE**  
avocado & gigante bean hummus,  
vegetable pickles, spicy olives  
& chickpea wafers | 23

**ARUGULA FLATBREAD**  
roasted peppers, oven cured tomatoes,  
balsamic syrup & arugula | 18

**FORESTIERE FLATBREAD**  
forest mushrooms, sage  
& roasted garlic | 17

**CRISPY** sea salt **FRIES** | 13

## mains iii

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**VEGAN PAD THAI**  
rice noodle, organic carrots, mung  
bean, tofu, chilies, peanuts, lime &  
tamarind | 28

**ISLAND VEGAN BOWL**  
sticky rice bowl with kaiware, cucumber,  
wakame, edamame & pickled ginger  
baby bok choy, carrots, shitake &  
enoki mushrooms, & roasted kombu  
broth | 27

**POWER BURGER**  
beyond burger, gluten free bun,  
arugula, tomatoes, pickled onions,  
french fries or purple kale salad | 23

**WARM NICOISE VEGETABLES**  
sweet potato puree, nicoise  
vegetables, asparagus, roasted tomato  
& tofu | 28

## sweets iii

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**SORBETS**  
today’s house made selection | 13

**VEGAN CHOCOLATE CAKE**  
chocolate layers, poached pears, candied  
nuts, spiced red wine syrup | 15