

WELLNESS SMOOTHIES ~ 9  
{ Prepared with your specific body type in mind }

**The Endo**

*cherry, almond and peach purée*

**The Meso**

*strawberry, raspberry and apple*

**The Ecto**

*pear, avocado and mint*

BOOST SMOOTHIES ~ 9  
{ Prepared with your body systems in mind }

**Spa Montage**

*acai berry, unfiltered-natural apple juice*

*green cane sugar, guarana, banana*

**Omega 3 / Whey Protein**

*blueberry, lemon, flaxseed and banana*

**Power Protein**

*peanut butter and banana*

**B12**

*raspberry, blueberry, blackberry and banana*

TO BEGIN

**Seasonal Fruits and Berries ~ 20**

*choice of strawberry yogurt or cottage cheese*

**Tortilla Soup**

**Cup ~ 9    Bowl ~ 16**

*plum tomatoes, corn, avocado and cilantro*

*crisp tortilla strips*

*At Montage Laguna Beach the culinary arts are a prized masterpiece. In that spirit, we offer a tastefully designed selection of organic spa cuisine.*

*Chef Miguel Ruiz has created a menu that offers a variety of exciting tastes and textures using the freshest regional organic ingredients.*

## SALADS

### **Organic Mixed Baby Greens ~ 19**

*granny smith apples, dried cranberries, candied walnuts  
vine-ripened tomatoes and blue cheese  
balsamic basil vinaigrette*

**Add Chicken ~ 5    Add Shrimp or Steak ~ 6**

### **Niçoise Salmon Salad ~ 32**

*feta cheese, kalamata olives, cucumber, red onions,  
vine-ripened tomatoes and mixed greens  
white balsamic*

## ENTRÉES

### **Avocado Pita ~ 22**

*tomato, jicama, beets, carrots and daikon sprouts  
lemon-herb dressing  
served in a whole wheat pita  
baby greens or terra chips*

### **Blackened Tofu Tacos ~ 26**

*avocado salsa, pico de gallo and cabbage  
tortilla chips, guacamole and pinto beans*

### **Tofu Mushroom Burger ~ 26**

*shiitake mushrooms, grilled onions, vine-ripened tomatoes avocado, alfalfa sprouts, butter lettuce and swiss cheese  
sherry vinaigrette  
baby greens or terra chips*

### **Soba Noodle and Tofu Stir-Fry ~ 29**

*baby bok choy, shiitake mushrooms, snow peas and carrots  
sesame glazed tofu and soy ginger sauce*

**With Salmon ~ 35**