



P E N T E R R A S P A

Spa-pe-ti-zer [spa-pe-ti-zer]

-noun. a food or drink served during a spa experience to stimulate the mind & body.
Created by Executive Chef Brian Scheehser & the culinary talents of the Trellis team for the health & well-being of our spa clients.

-origin: 2008.

Small Plates
Living Salad

Alive with pea sprouts & watercress, walnuts, pears, shaved onion & light dressing

Pink Lady Roll-Ups
Pink lady apple slices rolled with arugula, endive & citrus vinaigrette

Medjool Dates & Sliced Citrus
Minted lemon dressing crisp frisée & Marconi almonds

Grapefruit Avocado
Half Hass avocado, shaved fennel & baby arugula, with winter grapefruit & pine nuts

Lentil Tabbouleh
Diced cucumber, red onion, parsley, tomatoes, minted olives & a sprinkle of sea salt

Mock Fries
Crunchy carrot sticks with bleu cheese dipping sauce & poppy seeds

Parsley Fennel Slaw
Tomato slice, shaved fennel, minted parsley, basil & cold pressed olive oil

Veggie Carpaccio
Beets, carrot, parsnips, broccoli, avocado, flax seed & Meyer lemon squeeze

Spinach Toss
Spinach, apples, red onion & cider vinaigrette with grapes & salted pumpkin seeds

Toasted Pumpkin Seeds
Drizzle of wild flower honey

Caponata
Diced eggplant, tomatoes, winter squash, fresh herbs & a splash of rosé vinegar, romaine leaves & almonds

Wilted Vegetable Tagliarini
Long strips of zucchini, carrot, leeks, summer squash & celery; lightly seasoned & served with

Chips
Dried apples, apricots, pineapple & candied dates



THE  HEATHMAN HOTEL

425.284.5855
220 Kirkland Avenue
Kirkland, WA 98033
penterraspa.com

Juiced Creations

Carrot Kick

Carrot & tomato with ginger & celery garnish

Red Beet

Beets, carrots, spinach, apple slice

Garden 10

Carrot, celery, spinach, beet top, red pepper, parsley, watercress, garlic,
cucumber & tomato garnish

Apple Grape Fruit

Apple juice, cucumber, grapefruit, & side of grapes

Pear Rose

Pineapple, pomegranate, rosemary sprig

Lemon Splash

Lemon, mint & soda

8. per Item