

GOLDEN DOOR

THE BOULDERS RESORT

Spa Café Lunch

Hours 11am-3pm Mon-Thur • 11am-4pm Fri-Sun

Soups and Salads

	Cal	Fat	Pro	Carb	
Chicken and Wild Rice Soup With Toasted Almonds	8	180	5	19	10
Roasted Tomato Basil Soup Poblano Corn Relish	8	114	2	2	10
Pesto Hummus Baked Whole Wheat Flaxseed Chips	8	252	6	10	39
Spinach Artichoke Dip Whole Wheat Flax Seed Chips	8	162	4	9	27
Beet Salad 🌱 Roasted Beets, Spring Mix, Toasted Walnuts, Warm Goat Cheese Vinaigrette	10	302	19	14	6
Strawberry White Balsamic Salad 🌱 Romaine Lettuce, Dried Cranberries, Sunflower Seeds, Blue Cheese, Strawberry Balsamic Dressing	10	264	19	14	7
Mediterranean Salad 🌱 Romaine Lettuce, Kalamata Olives, Tomatoes, Red Onion, Feta Cheese, Lemon Caper Vinaigrette	10	224	16	11	9
Salad Enhancements 🌱					
Add 4 oz. Tofu	4	80	5	14	5
Add 4 oz. Chicken	5	77	4	35	0
Add 5 oz. Salmon	8	93	9	28	0
Add 5 oz. Teres Major Steak	9	155	3	35	0

Lunch Entrées

Grilled Vegetable Pizza  Zucchini, Yellow Squash, Portobello Mushroom, Low Fat Mozzarella, Served with a Spa Side Salad	12	199	12	19	23
Chicken Tostada Whole Wheat Tortilla, Honey-Chipotle Chicken Breast, Roasted Onion, Bell Pepper, Corn, Low-Fat Pepper Jack Cheese, Scallions, Cilantro, Organic Mixed Greens Salad, Anaheim Pepper Vinaigrette (Also Available as a Wrap)	15	361	10	27	27
Spa Turkey Club Roasted Turkey Breast, Turkey Bacon, Tomato, Honey Mustard Aioli, Tecate Toast, Served with a Spa Side Salad (Also Available as a Wrap)	15	473	14	39	32
Veggie Burger Spring Mix, Shaved Red Onion, Tomato, Light Garlic Aioli, Whole Grain Ciabatta, Served with a Spring Side Salad	15	285	7	10	24
Sesame Crusted Salmon With Creamy Miso Slaw Cabbage, Edamame, Carrot, Peppers, Won Ton Strips	17	375	2	2	10
Wasabi Dusted Sea Scallops Carrot Coconut Curry Broth, Sautéed Vegetables	18	322	10	20	14
Garlic Chili Marinated Teres Major Steak Rosemary Roasted Root Vegetables, Red Wine Tomato Reduction	18	415	8	41	17

~Please ask your Server for additional Vegetarian Options available~


Golden Door Classics
from the "Golden Door Cookbook"

 Gluten Free Preparation

Vegan Selection



* These items may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Please note that 19% gratuity will be added to parties of 6 or more.