

Soups & Salads

Cal • Fat • Pro • Carb

	Lightly Spicy Chicken and Hominy Soup	\$7	200 • 7 • 16 • 21
	Blue Crab and Mango Gazpacho	\$12	52 • 2 • 3 • 7
	Roasted Red Pepper Hummus With Baked Whole Wheat Flaxseed Chips (serves 2)	\$8	235 • 6 • 10 • 39 (per serving)
	Apple, Pomegranate and Orange Salad	\$10	124 • 2 • 2 • 28
	Roasted Shallot Balsamic Dressing		
	Soba Noodle Salad	\$10	219 • 1 • 11 • 48
	Organic Mixed Greens, Napa Cabbage, Carrots, Bean Sprouts, Scallions, Lime-Miso Dressing		
	Organic Mixed Green Salad	\$8	165 • 6 • 6 • 6
	Goat Cheese, Candied Walnuts tossed in a Strawberry/Thyme Champagne Vinaigrette		
	Salad Enhancements		
	Add 4oz Chicken	\$5	177 • 4 • 35 • 0
	Add 5oz Salmon	\$7	193 • 9 • 28 • 0
	Add 4oz Tofu	\$4	180 • 11 • 14 • 5
	Add 4oz Shrimp	\$7	118 • 24 • 0 • 1

Lunch Entrees

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	Ahi Tuna Nicoise Salad	\$17	373 • 14 • 36 • 25
	Lemon-Caper Vinaigrette		
	Chicken Tostada	\$15	332 • 8 • 27 • 40
	Baked Whole Wheat Tortilla, Honey-Chipotle Chicken Breast, Roasted Onions, Bell Peppers, Corn, Low-Fat Pepper Jack Cheese, Scallions, Cilantro, Organic Mixed Greens Salad with Anaheim Pepper Vinaigrette		
	Turkey Sandwich	\$14	441 • 25 • 37 • 25
	Roasted Turkey Breast served on a Multi-Grain Bagel, Agave-Mustard Spread, Spinach, Red Onion, Tomato. Served with Asparagus Salad		
	Pinto Bean and Vegetable Chili Tostada	\$13	260 • 5 • 11 • 47
	Salsa Fresca and Avocado-Cilantro Cream		
	Pan Seared Striped Sea Bass	\$23	310 • 9 • 34 • 25
	Roasted Pepper Crab Quinoa, Spinach and Gazpacho Vinaigrette		
	Sesame Crusted King Salmon	\$17	375 • 12 • 35 • 26
	Asian Slaw, Creamy Miso Dressing		
	Adobo Marinated Grass-Fed Flank Steak	\$21	402 • 15 • 33 • 40
	Spinach Salad, Roasted Poblano Dressing		
	Boulders Turkey Burger*	\$14	571 • 47 • 33 • 20
	Ancho Chile Slaw, Avocado, Chipotle-Herb Aioli, Toasted Kaiser Roll served with Asparagus Salad. Bun may be substituted for Bibb Lettuce.		

 Gluten Free Preparation



Golden Door Classics from "Golden Door Cooks at Home" Cookbook by Chef Chef Dean Rucker

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions
Please note that 19% gratuity will be added to parties of 6 or more.

Organic Wines by the Glass

Whites (Calories 100)

Bonterra Vineyards Chardonnay, Mendocino County, 2005	\$12
King Estate Pinot Gris, Oregon, 2004	\$13
Frog's Leap Sauvignon Blanc, Napa Valley, 2005	\$14

Reds (Calories 106)

Bonterra Cabernet Sauvignon, North Coast, 2002	\$12
Frog's Leap Merlot, Napa Valley, 2003	\$15
Domaine Carneros Pinot Noir	\$20

Sparkling

Veuve Clicquot Ponsardin Champagne, Brut	\$16
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Liquid Refreshments

Fruit Smoothies

Our Smoothies are made from freshly puréed fruits and blended with Non-Fat Yogurt. Available flavors are Strawberry, Raspberry, Blueberry, Banana, Melon, Peaches, Pineapple or any blend

\$9

The Boulders Bellini

Champagne, Peach, Agave Nectars

\$10

Lemon-Blueberry Mint

Blueberries, Lemon & Lime Juice, Agave Nectars, Club Soda

\$10

Watermelon Mint

Watermelon Puree, Mint Leaves, Lemon & Lime Juice
Agave Nectars

\$10

Kiwi / Strawberry

Kiwi, Strawberries, Lime Juice, Lemonade, Sugarcane Syrup

\$10

Mint Lemonade

Lemon Grass Syrup, Fresh Lemon Juice

\$8

Fresh Fruit Monsoons

Our Golden Door transformation of the Daiquiri . A mixture of Strawberry, Raspberry, Banana, Mango or Pina Colada.

\$10

Zen High

Green Tea, Wildflower Honey, Orange Juice, Mango Puree and Ginseng

\$8

Spirit enhancements available on request: Rain Organic Vodka and Bacardi Light Rum add \$3

Beverages

100% Juice	\$6	Apple, Tomato, Grapefruit, Orange, Pomegranate or Carrot	Wheatgrass 1oz. serving	\$5
Coffee, Latte	\$4	Espresso \$3 Cafe Americano \$4	E-Lix-ers	\$6
Bottled Water		Icelandic Glacial \$8 (liter) \$5 (500ml)	Depth Recharger	Mixed Berry Stress Relief
Iced Tea	\$4	Peach, Green Tea	Liquid Yoga	A Mellowing Apricot Beverage
Hot Tea	\$5	Black, Chai, Green Tea, Ginger	Power Plant	Classic Energizer with a Hint of Lemon
			Mind over Muddle	Raspberry and Plum for Clarity & Focus
			Virtual Buddha	Peach Flavor that Energizes yet Calms.
			Tame the Elements	A Lemon Foundation of Fortitude