



# BOOST CAFE

AT SILVER ADOR RESORT AND SPA

*We serve organic, fresh, sustainably sourced, nutrient rich whole food that is locally sourced whenever possible. Fresh fruit Smoothies and Super-food Booster Bar.*

<b>Organic Avocado on Toast</b>	<b>7</b>
With fresh squeezed lime, Himalayan sea salt and Marash pepper on Model Bakery sliced bread	
<b>Hummus on Toast</b>	<b>7</b>
With Marash pepper and pumpkin seeds on Model Bakery sliced bread	
<b>Boost Toast</b>	<b>5</b>
Served with local almond butter*, Marshall Farms honey* on toasted Model Bakery sliced bread	
<b>Yogurt Parfait</b>	<b>7</b>
Greek yogurt*, house-made granola, blueberries*, strawberries* and a drizzle of Marshall Farms honey*	
<b>Hard Boiled Egg</b>	<b>.50</b>
<b>Cup of Seasonal Fruits</b>	<b>4</b>
<b>Whole Fruit</b>	<b>1</b>

## LUNCH

11am – 3pm

<b>Kale Caesar Salad</b> Ⓜ	<b>10</b>
Little gem lettuce, baby kale, shaved parmesan, Padano cheese crumble, Caesar dressing (anchovy free)	
<b>Cobb Salad</b>	<b>12</b>
Little gem lettuce, Point Reyes Baby Bleu Cheese, hardboiled egg, Persian cucumbers, crispy pancetta, Fulton Farms chicken breast, buttermilk ranch dressing	
<b>Heirloom Greens Salad</b> Ⓜ	<b>11</b>
Spring mix greens, teardrop tomatoes, Persian cucumbers, watermelon radish, crispy quinoa, basil white balsamic vinaigrette	
<b>Quinoa Salad</b> *Ⓜ	<b>12</b>
Quinoa, Persian cucumbers, golden raisins, asparagus, edamame, feta, roasted pistachios, cilantro, mint, jalapeno lime vinaigrette	
<b>Add Chicken to Any Salad</b>	<b>4</b>
<b>Fruit Plate</b>	<b>9</b>
Assorted cut seasonal fruits, served with house-made granola and yogurt* on the side	
<b>Tuna or Chicken Salad Sandwich</b>	<b>9</b>
Served on Model Bakery sliced bread served with a side of orzo salad or chips	
<b>Orzo Salad</b>	<b>6</b>
Orzo, mozzarella, tomato, parmesan Padano crumb	

## FRIENDS MENU

Designed for 2 or more people

<b>Artisan Cheese Board</b>	2 ppl <b>18</b>   4 ppl <b>34</b>
Local cheese, dried figs & apricots, grapes, Marcona almonds*, and rustic flatbread	
<b>Hummus &amp; Veggie Platter</b>	2 ppl <b>14</b>   4 ppl <b>24</b>
Served with organic vegetables	

Ⓜ Gluten Free Option – While this menu item is GF, it was not prepared in a certified GF kitchen.

\* Superfood – This item is identified as having the most beneficial nutrition for a healthy body

## BOOSTER BAR

### Boosters for Smoothies & Juices 2

**Whey Protein** Naturally complete protein, assists in muscle tissue recovery, 21 grams of protein in 2 tbs

**Plant Protein** Good for energy, muscle recovery and over-all good health, 28 gms of protein, 2 tbs

**Bee Pollen** Energy enhancer, immune system booster, 40% protein 1 tbs

**Hemp Seeds** High in Omega 3 and Omega 6 fatty acids, 13 grams of natural protein in 3 tbs

**Pumpkins Seeds\*** Powerhouse that contains magnesium, protein and zinc – 5 grams of protein in 1/4 cup

**Chia Seeds\*** Gluten free, loaded with fiber, protein, omega 3 fatty acids, 5 grams of protein in 2 tbs

**Almond Butter\*** Healthy fat to boost energy, excellent source of magnesium, protein and potassium 8 grams of protein in 2 tbs

## FRESH FRUIT SMOOTHIES

### Recovery 8

Banana, strawberries\*, yogurt\* and OJ

### Revive 9

Banana, strawberries\*, blueberries\*, pineapple, yogurt\* and OJ

### Berry Blast 9

Banana, strawberries\*, blueberries\*, blackberries, yogurt and cranberry juice\*

### Green Goddess 8

Kale\*, banana, pineapple, almond milk

### Carrot Ginger Zinger 8

Carrots, ginger\*, pineapple, bananas, turmeric\*, lemon juice, carrot juice\*

## BEVERAGES

	Large	Small
House Coffee	2.50	1.75
French Press		3.50
Café Latte or Cappuccino	4	3
Café Mocha	4.15	3.45
Espresso	3.50	2.50
Chai Tea Latte	4	3.25
Assorted Hot Tea		2.50
Coconut Water		4
Milk – Whole, Skim and 2%		2
Soda Selection		2
Mineral Water, San Pellegrino Sparkling		3
Juice – Cranberry* or Orange		2
Assorted Ice Tea		3
Gatorade	2.50	