

LOW - CARB  
LUNCHES

*Lounge*

*Appetizers*

CHILLED CARROT AND GINGER SOUP \$6

30 mg sodium, 47 calories

PETITE VEGETABLE CRUDITÉ \$6

crunchy onion dip

64 mg sodium, 102 calories

CARPACCIO OF BEEF \$11

daikon-cilantro relish and citrus vinaigrette

52 mg sodium, 159 calories

SALAD OF BABY SPINACH \$8

celeriac and Asian pear, Dijon mustard dressing

75 mg sodium, 51 calories

SALAD OF GRILLED ASPARAGUS \$8

roasted-pepper relish, aged balsamic vinegar

21 mg sodium, 134 calories

*Light Entrées*

ROASTED TOP ROUND OF BEEF \$14

baby bok choy salad

96 mg sodium, 179 calories

SEARED TUNA SALAD \$15

red oak and frisée, orange-honey vinaigrette

38 mg sodium, 164 calories

CAESAR SALAD \$14

house-smoked turkey, baked croutons,

low-fat Caesar dressing

98 mg sodium, 188 calories

POACHED ATLANTIC SALMON \$15

broccoli, cherry tomato and watercress salad,

coriander yogurt sauce

97 mg sodium, 196 calories

KOHLER WATERS SPA SALAD \$14

grilled chicken breast, organic greens, cherry tomatoes,

cucumbers, artichoke hearts, apple vinaigrette

97 mg sodium, 187 calories

Sodium and calorie counts for dressings  
and sauces based on a 2-tablespoon portion

*Desserts*

SEASONAL FRUIT PLATE \$7

ARTISANAL CHEESE PLATE \$7

CHOCOLATE-DIPPED STRAWBERRIES \$6

WHOLE-WHEAT APPLE CAKE \$7

apple sauce

Served daily 11am–3pm in the Carriage House lounge.  
Pre-orders are encouraged. Contact desk staff for all food and  
beverage requests. Please allow 30 minutes from time of order.

A 15% service fee will be added to your check.

S P A

*fare*

*Smoothies* \$6

CHAI COOLER

a blend of tea, honey, vanilla and spices with frozen low-fat vanilla yogurt

FLAX ENERGY

a natural blend of fresh fruit, strawberries, banana and blueberries with natural flax seeds and orange juice; low sodium and fat; high in fiber and protein

KOHLER WATERS SPA SMOOTHIE

a blend of guava, mango, banana, orange passion fruit juice, blueberries and sherbet

MOCA MOTION

a blend of house-made coffee, mocha, ice and low-fat frozen yogurt

COOLER NEAR THE LAKE

a blend of lemon yogurt, orange juice, frozen low-fat vanilla yogurt and banana

*Beverages* \$2.50

ICED TEA

ORANGE JUICE

SOFT DRINK

Pepsi, Diet Pepsi, Sierra Mist or Diet Sierra Mist

SPARKLING WATER

AQUAFINA BOTTLED WATER

*Wine* \$8

PINOT NOIR

RIESLING

CHARDONNAY

*Beer* \$4

MICHELOB ULTRA (LOW-CARB)

NEW GLARUS SPOTTED COW

AMSTEL LIGHT

Alcoholic beverages served 11am to 3pm.

KOHLER *Waters* S P A.  
AT THE AMERICAN CLUB.

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