



1730 George Washington Memorial Highway
Yorktown, Va.

23693
(Located within the Body Shoppe Spa)

757-596-4847

Call ahead if short on time
Www.BodyShoppeSpa.com

Specialty Lunches *Sandwiches come with choice of one side (fruit, veggies, cheese, or chips/dip)*

- Hawaiian Aloha Wrap-\$6.25** Grilled chicken breast, pineapple, onions, green peppers & cheese, then topped off with a citrus teriyaki dressing
- Asian Sesame Wrap-\$6.25** Grilled chicken breast, mandarin oranges, sesame ginger dressing, sesame seeds, onions, green peppers & crunchy wontons
- Rasta Wrap-\$6.25** Grilled chicken breast, onions, green peppers, jalepenos, rice with black beans, mozarella cheese, corn & cilantro, then drizzled with Caribbean jerk sauce
- Bacon Ranch Wrap-\$6.25** Breaded chicken, ranch, bacon, shredded cheese, lettuce and tomato
- Chicken Salad-\$5.25** Our famous mouthwatering chicken salad on a toasted croissant
- Classic BLT-\$4.95** Served on whole grain bread
- Tuna Salad Sandwich-\$5.25** Served on toasted whole grain bread
- Spa Sandwich-\$6.25** Ham, turkey, crispy bacon & melted cheese, with lettuce & tomato. Served on an everything bagel with garden vegetable cream cheese spread
- On a Bed of Greens-\$5.25** Choose between our famous chicken or tuna salad piled atop a bed of greens, served with crackers, cheese, & red seedless grapes
- Veggie Delight-\$4.95** A croissant filled with Swiss cheese, lettuce, cucumber, tomatoes, olives, carrots and feta cheese drizzled with Italian Dressing



Sandwiches with no sides \$1.00 less
 Add a cup of soup to any specialty lunch \$2.50
 Pint of Chicken Salad (to go) \$6.50
 Extra Meat add .75cents
 Extra cheese add .75cents
 Extra scoop of chicken salad add \$1.75



Homemade Gourmet Soup

Served with crackers, tortilla chips, or a toasted croissant

Soup du Jour

Fresh homemade soup
Cup \$3.25 Bowl \$4.25

Soup & Veggie Platter

A cup of soup du jour served with carrots & celery
\$4.00

Something to hold you over

- Fruit and Cheese Plate \$4.25** Fresh seasonal fruit served with assorted cheeses
- Cheese & Cracker Plate \$4.50** Assortment of cheeses served with crackers
- Chips and Salsa \$3.75** A classic fave for all you dippers
- Carrots and Celery Sticks \$2.25** Served with dressing for dipping. Healthy and Light!
- Garden Salad \$5.50** Baby Greens and romaine lettuce with assorted veggies & shredded cheese (Choose between: Vidalia, Ranch, Balsamic or Asian Dressing)
- Soup and Salad-\$5.50** Soup du Jour served with a garden salad

Low Fat Smoothies and Chillers

\$4.25

Morning Delight	Strawberries, banana & OJ. A great way to wake up!
Tickled Pink	Famous Blend of strawberries and bananas
Tropicalada	Tropical delight of oranges, pineapples, bananas and coconut
Cranberry Cooler	Cranberries & strawberries, tasty & good for you!
Caribbean Twist	A mix of tropical fruits sure to please
Chillin Cherry-Lime	Where's my beach chair?
Peanut Butter Cup	Just like your favorite sweets, chocolate and peanut butter
Strawberry Truffle	Strawberries with creamy white chocolate
Berry Innocent	Mixed berries and vanilla
Key Lime	Smooth & creamy island lime favorite
White Night	Amaretto, cherry & creamy white chocolate.....ohhhh
Black Magic	Blackberries, blueberries, raspberries & strawberries
Just Peachy	Tastes like Grandma's peach ice-cream
Frozen Dreamsicle	An orange-vanilla treat
Almond Joy	Chocolate, coconut & almond. Decadent
Berry Sinful	Mixed berries and rich milk chocolate
Jan's Pick-Me-Up	Peanut Butter, Chocolate and a shot of espresso. Zing!

Add energy, stress, fat burner, immunity or superfood nutritional supplement to any smoothie for just .75cents

Cappuccinos *Made with a 1 shot of espresso, 1/2 steamed milk & 1/2 frothed milk ~ get it HOT or ICED*

Small \$3.50

Large \$4.25

Cappuccino Classic	Tried & true ~ sweet & simple
Cinnamon Delight	Cinnamon with a hint of vanilla
Irish Cream	Irish cream, Chocolate bits & whipped cream
Hazelnut	A hint of hazelnut with whipped cream and chocolate bits
French Vanilla	Rich French vanilla. Oui Oui!

Lattes *Made with a shot of espresso, 2 parts steamed milk & 1 part frothed milk*

Small \$3.50

Large \$4.25

Café Latte	The no frills latte ~ just business
Nuts about this latte	Go nuts with amaretto & walnuts
Milky Way	Vanilla, caramel, & rich chocolate
Hazelnut	Hazelnut with whipped cream & chocolate bits
Vanilla-Cini	Vanilla & Cinnamon ~ sinful
Almond Joy	Coconut & almond with Crème de Cacao
Nutty Irishman	Hazelnut and Irish Cream. Craazy!
House Latte	Vanilla, honey and spices topped with whipped cream
Black & White	Rich milk chocolate blended with creamy white chocolate

Add X-tra shot of espresso to any Latte or Cappuccino for .50cents

Chai Tea ~ \$4.25 Choose between Vanilla Chai or Spiced Chai~ get it HOT or COLD

Hot Chocolates ~ \$3.25 Choose between regular & black and white (dark and white chocolates)