

# Specialty Lunches

## ~ Chicken Wraps ~

*served with two sides*

### **Hawaiian Aloha Wrap-\$5.95**

Grilled chicken breast, pineapple, onions, green peppers, cheese and topped off with a citrus teriyaki dressing

### **Asian Sesame Wrap-\$5.95**

Grilled chicken breast, mandarin oranges, sesame ginger dressing, sesame seeds, onions and green peppers and crunchy wontons

### **Rasta Wrap-\$5.95**

Grilled chicken breast, onions, green peppers, jalepenos, rice with black beans, mozerella cheese, corn & Cilantro drizzled with Caribbean jerk sauce

## ~homemade Gourmet soup ~

*served with crackers or a toasted croissant*

### **Soup de Jour**

Fresh homemade soup

Cup.....\$3.25 Bowl.....\$4.25

### **Soup & Veggie Platter**

Homemade gourmet soup served with carrots and celery

Cup.....\$3.95

## ~ Sandwiches & Platters ~

*Sandwiches served with your choice of: fruit/veggies, cheese/crackers or chips/dip*

### **Chicken Salad Croissant-\$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 & a garden vegetable cream cheese spread

### **Healthy Cold Plate**

Choose between our famous chicken or tuna salad piled atop a bed of greens and served with crackers, cheese and grapes

Lite portion..\$5.25 Healthy Portion..\$6.50

## ~ Snacks ~

### **Fruit & Cheese Plate-3.75**

Fresh seasonal fruit served with assorted cheeses

### **Cheese & Cracker Plate-3.75**

Assortment of cheeses served with crackers

### **Chips & Salsa-\$3.75**

A classic fave for all you dippers

### **Carrots & Celery Sticks-\$2.25**

Served with dressing for dipping  
. Healthy and Light!

### **Garden Salad-\$3.25**

Baby greens and romaine lettuce with assorted veggies and shredded cheese

Vidalia, Ranch, Balsamic or Asian dressing

### **Cup of Soup & Salad-\$5.50**

Soup de Jour served with a garden salad

*X-tra scoop chicken salad-\$1.75*

*X-tra Meat or Cheese-.75*

*Add a cup of soup to any sandwich-\$2.00*

*Sandwiches with no sides—\$1.50 less*

**Low-Fat**  
**~ Smoothies & Chillers ~**

Small.....\$2.95    Large.....\$3.95

**Morning Delight**

Strawberries, banana, and orange juice.

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 and strawberries  
tasty and good for you

**Caribbean Twist**

A mix of tropical fruits sure to please

**Chillin Cherry -Lime**

Where's my beach chair?

**Peanut Butter Kup**

Just like your favorite sweets,  
chocolate and peanut butter

**Lunchbox Special**

Peanut Butter and strawberries

**Strawberry Truffle**

Strawberries and creamy white chocolate

**Berry Innocent**

Mixed berries and Vanilla

**Berry Sinful**

Mixed berries and rich chocolate

**White Night**

Amaretto, cherry and creamy  
white chocolate....Ohhhh

**Key Lime**

Smooth and creamy island  
lime favorite

**Holy Cow**

Chocolate and vanilla frozen yogurt

**Black Magic**

Blackberries, blueberries, raspberries,  
and strawberries

**Just Peachy**

Tastes like grandma's  
peach ice-cream

**Frozen Dreamsicle**

An orange-vanilla treat

**Almond Joy**

Chocolate, coconut and almond,  
a JOY to eat

**Red, White and Blue**

Strawberries, vanilla, and blueberries.  
The American Way

**Love Boat**

Peaches, pineapple and lime

Make your Smoothie even heal thier by adding a nutritional supplement!

Choose between: Stress Pak, Fat Burner, Green Superfood, Immunity  
add .75 cents



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**[www.BodyShoppeSpa.com](http://www.BodyShoppeSpa.com)**

Small...\$3.00

~ Lattes ~

Large...\$3.50

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

**Cafe Latte**

*The no frills latte~ just business*

**Vanilla-Cini Latte**

*Vanilla & Cinnamon ~ sinful*

**Raspberry Truffle Latte**

*The hunt is over~ the truffle found!  
Creme de Cacao and raspberry*

**Almond Joy**

*Coconut and almond, with Creme de Cacao*

**Nuts about this Latte**

*Go nuts with Ameretto and walnuts*

**Nutty Irishman**

*Hazelnut & Irish cream  
Craazy!*

**Milky Way Latte**

*Vanilla, caramel, and rich chocolate*

**House Latte**

*Vanilla, honey and spices topped  
with whipped cream*

**Hazelnut Latte**

*Hazelnut with whipped cream  
and chocolate bits*

**Black and White Latte**

*Rich chocolate and creamy  
white chocolate*

Small...\$3.00

~ Cappuccinos ~

Large...\$3.50

Made with a shot of espresso, 1/2 steamed milk, 1/2 frothed milk

**Classic Cappuccino**

*Tried & True ~ Sweet and Simple*

**Hazelnut Cappuccino**

*A hint of Hazelnut with whipped cream  
and chocolate bits*

**Cinnamon Delight Cappuccino**

*Cinnamon with a hint of vanilla*

**French Vanilla Cappuccino**

*Rich French Vanilla  
Oui Oui!*

**Irish Cream Cappuccino**

*Irish cream with whipped cream  
and chocolate bits*

*Enjoy any Latte or Cappuccino Iced ~ add .75*

Small...\$3.00

~ Chai Teas ~

Large... \$3.50

Brewed with black tea, steamed milk, cardamom, cinnamon and ginger

**Vanilla Chai Tea**

*Flavored with vanilla and  
honey*

**Raspberry Chai Tea**

*Sweetened with Vanilla, honey  
and raspberry*

**Spiced Chai**

*Nutmeg, honey spice  
up this chai!*

Large \$2.75

~ Hot Chocolates ~

Large \$2.75

**White Night Hot Chocolate**

*Milk and white chocolate topped with whipped  
cream and chocolate bits*

**Raspberry Hot Chocolate**

*Milk, chocolate and a hint of raspberry*