



FOOD MENU



Serving a fusion of Asian, North American, and Yukon healthy spa cuisine.
We are proud to provide environmentally sustainable, fresh, healthy,
and preservative-free selections.

Salads

Spinach Salad with Maple Citrus Vinaigrette \$6

(astringent and fruity, sour and sweet, crunchy
and smooth. This salad hits all the notes)

Chicken Cobb Salad with Apple Cider Vinaigrette \$?

Blueberry Prosciutto Salad with Lemon Dijon Dressing \$?

(light with a mix of sophisticated flavors- salty
prosciutto, a hint of goat cheese, sweet
crunchy blueberries on a bed of spinach)

Asian Salad with Sesame Soy Dressing \$?

(Romaine lettuce and cabbage with water
chestnuts, cucumber, carrot, and sweet
pepper- a healthy salad with Asian flavours.)

Tabouli \$7

(This refreshing favorite has wheat bulgur,
tomatoes, cucumber, lemon, garlic and parsley)

Hearty Mains

Bahn Mi Sandwich \$18

(This Vietnamese baguette sandwich has become our
most popular item on the menu. Slow-cooked roast beef
marinated in lemon grass, cilantro, and star anise,
shredded and topped with a hoisin mayo and zesty
daikon, beet, and carrot pickles on a ciabatta bun.)

Tuna Bun \$?

(albacore tuna, mayonnaise, celery, red onions,
arugula, and Roma tomatoes on a whole wheat bun.)

Greek Chicken Wrap \$?

(Cubes of baked zesty chicken breast with tzatziki, zingy
rosemary barbecue sauce red onions, and lettuce
wrapped in a flour tortilla)

Vegetarian Bagel \$?

(toasted bagel with cream cheese, sweet pepper,
cucumber, mayonnaise and sprouts)

Broccoli Cheddar Quiche \$?

(Packed vegetables in fluffy egg custard with
homemade pie crust)

Vegetarian Sushi \$11-\$18

(Our Asian cooks only make these for us on special days
and are advertised on our social media. You can also call
ahead to see when they will be on the menu. Who can
refuse tidbits of zesty beet, spicy yam, or smoked tofu?)

Soups (\$9.50 Each)

VG Corn Chowder

VG Cabbage borscht

VG Thai Sweet Potato

VG GF Indian Sambar

VG GF Carrot Ginger

VG GF Cream of Mushroom

Gazpacho

VG GF Minestrone.

(Our homemade soup is served with bread, gluten-free
crackers, or a homemade biscuit. Vegan margarine option.

Ask which soup is available.)

Cheese Plates (\$12-\$14)

Nothing says spa day more than sitting at the café
table in your robe sipping a pinot grigio and nibbling
crackers with brie and Okanagan peach salsa.

Our plates include rotating favorites from the local
cheese shop and bison or elk pepperoni from
Stacey's the local butcher.



VG - Vegan



GF - Gluten Free

Salads Rolls (\$7 Each)

(Light and fresh with herbs, rice vermicelli, and lettuce – Who knew gluten-free and low-calorie could be so delicious? Served with our homemade Hoisin Almond or Thai Citrus dipping sauce.)

VG,GF Vegan

VG,GF Ocean-wise Shrimp

GF Pork Mango

(With local pork tenderloin from Tum Tums.)

Indulgences

Mountain \$4

(a snack of dried fruit, seeds, healthy flax, wheat germ, and bran, this cookie will fuel you up for that morning walk or yoga class.)

Coconut Oatmeal \$?

(Our version of the Dad's crisp and sturdy classic coconut oatmeal cookie. Contains sulphite-free healthy coconut)

Coconut Macaroons \$?

(Covered in dark Belgian chocolate, these cookies are chewy, sweet gluten-free bliss.)

Double Chocolate Biscotti \$?

(Perfect to dip in your coffee.)

Cookies- Chocolate chip \$?

These cookies are not what mom used to make. They have Belgian milk chocolate chips with a hint of vanilla salt flakes. The perfect combination of sweet, salty, and caramelized goodness.

Bailey's Affogato \$?

(This dessert is 2 scoops of vanilla gelato with 2 shots of espresso, 1 ounce of Bailey's, and almond biscotti.)

Apple Crisp \$?

(This dessert of tart apples with an allspice and cinnamon streusel is served warm. It is even more delicious topped with some Madagascar vanilla gelato.)

G F Gelato \$6

(Nothing is more refreshing after a hot therapy than an iced dessert to help cool down. Not only does gelato have a lower fat content than ice cream but it is churned slower, giving it a denser, more intense flavor. The gelato always has one vegan option)

Indulgences

Takhini Black Forest Cake \$10

(This famous cake has been served at Takhini Hot Springs for over 50 years. For those not familiar with this German chocolate cake, it has sour cherries, cherry liqueur, and whipped cream. It is like having cherry schnapps with your cake.)

Gluten-Free Black Forest Parfait \$12

(This denser brownie-like cake has all the trimmings of the regular Black Forest Cake and is served in a parfait glass.

Carrot Cake \$7

(A moist slab cake crammed with healthy stuff-cranberries, carrots, coconut, pineapple-like something mom would make. It is unpretentious and delicious! But don't take our word for it.)

Nanaimo Bars \$?

(If you have a sweet tooth our version of this Canadian dessert is irresistible. It has a walnut graham crust and the Bird's classic custard filling topped with Belgian dark chocolate.)

Quench your Thirst

Sparkling juice \$4.25

(These drinks are made from our own soda water and pure fruit syrups. There are also sugar-free options. With no sugar, no caffeine, and no calories, these sodas are a treat that don't break your diet.)

Coke Zero \$

Bottled Water \$

Orange Juice \$

Iced Coffee \$

Yukon Brewing Draught Beer

Bonanza Brown, a 5% brown ale \$?

Grizzly, a 4.6% unfiltered wheat ale \$?

Wine Red/White (6oz) \$?

Bailey's liqueur(1.5 oz) \$?

GF Ume Shu Japanese Plum Wine \$?

(This dessert wine is sweet and delicious. 2 oz)

GF Toji No Banshaku Sake \$?

(A delicate Japanese rice wine. It is served in a 6 oz carafe with small cups so you can savour it yourself or share.)

Hot Drinks

Aroma Borealis Herbal Teas

(These caffeine-free teas include locally foraged plants from the Yukon boreal forest and quality organically grown herbs. Taste some local rose hips, fireweed, Labrador tea, or wild chamomile.)

Hip Tea \$?

(rosehips and cranberries)

Midnight Sun Insomniac \$?

(wild chamomile)

Flower Power \$?

(fireweed and wild rose)

Spirit of the Boreal \$?

(Labrador tea and spruce)

Organic Fresh Roasted Drip Coffee \$?

Flavour Syrup Shot: Caramel/Vanilla/ regular or sugar-free

Latte \$?

Cappuccino \$?

Espresso -Single/double shot \$?

Affogato- Served in a coffee cup, this Italian treat of 2 scoops of vanilla gelato with 2 shots of espresso is a favorite with coffee lovers.

Specialty quality black and green teas from

Coffee, Tea and Spice

Vanilla Black Tea \$?

Earl Grey Black Tea \$?

Orange Pekoe \$?

Jasmine Green \$?



VG - Vegan



GF - Gluten Free