

Juice Bar Food Menu

The Lighter Side

Fresh Fruit Bowl	7
Yogurt Parfait	7
Greek Yogurt, House-made Granola, Fresh Berries	
House Made Granola	4
Lightly Sweetened and loaded with Nuts, Rolled Oats & Dried Fruit	
Roasted Red Pepper Hummus	7
Chickpeas, Olive Oil, Garlic, Lemon, and Tahini Served with house-made Tortilla Chips	
Deep River Potato Chips	3
Ask server for varieties	
Chobani Greek Yogurt	4
Ask server for varieties	
Kind Plus Protein Bar	4
Ask server for varieties	
Frozen Yogurt	6
Chocolate or Vanilla	
add Berries	2

Smoothies

Tropical, Turmeric Carrot & Ginger	7	
Orange, Carrot, Mango, Turmeric, Ginger, Coconut Water, Pinch of Cayenne Pepper and Hemp Seeds		
Coffee Cashew Monkey	8	
Banana, Dates, Coffee, Cashews, Oats, Cocoa Powder, Cardamom		
The Blueberry Beginning	7	
Almond Milk, Blueberries, Beet, Mint, Lime, Honey & Chia Seeds		
Spa Fresh	7	
Banana, Apple, Strawberries, Blueberries, Greek Yogurt, Soy Milk & Norwich Inn Honey		
Cucumber Cooler	6	
Cucumber, Mint, Fresh Lime Juice		
*add 1 Scoop of Protein Powder to any Smoothie		5
*add 1 Scoop of Cacao Nibs to any Smoothie		5

Salads and Wraps

Hand Carved Turkey Wrap	14
Oven Roasted Turkey Breast, Tomato, Lettuce and Cranberry Yogurt "Mayo"	
Grilled Chicken Caesar Wrap	12
Grilled Chicken, Crisp Greens, Croutons, Grated Parmesan Cheese, Classic Caesar Dressing	
Tuna Salad Wrap	14
Albacore Tuna, Fat Free Mayo, Chives, Celery, Tomatoes, Baby Arugula	
California Wrap	14
Smoked Salmon, Avocado, Tomato, Cucumber, Arugula, Goat Cheese	
Mozzarella Caprese Wrap	14
Fresh Mozzarella, Vine Ripened Tomatoes, Basil Pesto (no nuts), Roasted Red Pepper Hummus and Baby Arugula	

Garden Salad	10
Crisp Greens, Tomato, Cucumber, Carrot, Onion, Croutons, House Balsamic Vinaigrette	
Grilled Chicken Caesar Salad	12
Grilled Chicken, Crisp Greens, Parmesan Cheese, Croutons, Classic Caesar Dressing	
Tuna Salad	14
Albacore Tuna, Fat Free Mayo, Celery and Chives, over Baby Arugula with Lemon and Olive Oil	
Mozzarella Caprese Salad	14
Fresh Mozzarella, Tomato, Croutons, Baby Arugula, Balsamic Vinaigrette	

☞ **Prices are subject to a 20% service charge and applicable CT State Tax** ☞
Gratuity is included in the service charge for your convenience.



Juice Bar Beverage Menu

Wines By the Glass

White

Vista Point Chardonnay, CA.	7
Mezzacorona Pinot Grigio, Italy.	9
Kono Sauvignon Blanc, New Zealand	10
Willamette Valley Riesling, Oregon	10
Jonathan Edwards Chardonnay, Napa Valley	16

Red

Vista Point Merlot, CA	7
Vista Point Cabernet Sauvignon, CA	7
Mezzacorona Pinot Noir, Italy.	9
Jonathan Edwards Merlot, Napa Valley.	21
Josh Cabernet Sauvignon, North Coast.	10
Alamos Malbec, Argentina.	8

Rosé

Minuty, France.	14
-------------------------	----

Sparkling

Wycliff Champagne, CA	9
Zonin Prosecco, CA (187ml bottle)	12

Other Beverages

Almond Milk.	4
Soy Milk.	4
Chocolate Milk.	4
V-8 Fusion Juices	4
<i>Ask server for varieties</i>	
Saratoga Springs Still Water (12 oz.)	4
Saratoga Springs Sparkling Water (12 oz.)	4
Assorted Sodas (12 oz.)	3
<i>Ask server for varieties</i>	
Kevita Kombucha 	7
<i>Lavender Melon</i>	
<i>Ginger</i>	
Pure Leaf Honey Green Tea (18.5 oz.)	3.5
Coffee / Decaf Coffee.	3
Hot Tea / Decaf Tea / Herbal Tea	3
Espresso / Decaf Espresso	3

French Press Coffee (12 oz.) 6

Organic & Fair Trade



Try our micro roasted & hand crafted coffee blend. Our beans are sourced and roasted for us by Craftsman Cliff Roasters in Norwich, CT. Please ask your server about today's special blend

Individual Serving Wines

Barefoot Wines (187ml bottle) 8

- Moscato,
- Pinot Grigio
- Pinot Noir
- Sweet Red
- Rosé

Essentially Geared Wines (15 oz. Can) 12

- Chardonnay
- Rose
- Red Blend

Wines by the Glass ~ on the lighter side 10

- Skinny Girl White
- Skinny Girl Red

Local Wines by the Glass

Jonathan Edwards, Stonington, CT	
Pinot Gris.	18
Cabernet Franc.	21

Organic Wines by the Glass  10

- Natura Chardonnay, Chile
- Natura Cabernet Sauvignon, Chile

Specialty Cocktails

Mimosa	9
Blood Orange Mimosa	12
Bellini	12
Absolut Peppar Bloody Mary	10
Skinny Girl Margarita	10
Red Berry Cosmo.	14

Social Organic Sparkling Sake  10

- Elderflower Apple
- Hibiscus Cucumber
- Strawberry Rose

Organic Sangria



Eppa Suprafruta White Sangria.	12
Eppa Suprafruta Red Sangria.	12

Beer

Safe Harbor Blonde Ale, New London, CT.	6.25
Amstel Light, Holland	6.75

Gluten Free Beer

Omission Pale Ale, Portland, Oregon.	7.50
Omission Lager, Portland, Oregon	7.50

~ Prices are subject to a 20% service charge and applicable CT State Tax ~
Gratuity is included in the service charge for your convenience.



