

MANGOS

R E S T A U R A N T

SALAD	COCONUT CRAB CAKE 10	SANDWICH	SHAVED TRI-TIP SANDWICH 15
	Baby arugula, spinach, roster red and yellow peppers, toasted macadamia nuts with a mango-coconut puree. Calories:275 Fat(g):12 Protein(g):19		Tri-tip, Swiss cheese, grilled onions, au jus, whole grain roll. Calories:781 Fat(g):27 Protein(g):56
	CHIPOTLE CHICKEN CAESAR 13		GRILLED BISON BURGER 11
	Romaine hearts, Chipotle Caesar dressing, garlic tortilla crisps. Calories:451 Fat(g):27 Protein(g):31		Lean American Bison, grilled onions, Maytag bleu cheese. Calories:837 Fat(g):45 Protein(g):45
	VEGGIE PESTO 'NOODLE' SALAD 12		MEDITERRANEAN BURGER 13
Fresh zucchini and yellow squash spiral 'noodles', light miso-basil pesto. Served chilled. Calories:200 Fat(g):16 Protein(g):6	[Winner of the Healthy Burger Competition] <i>Submitted by Lizann Hunt</i> Lean ground beef, ground lamb with feta, dill and spinach. Whole wheat pita, lettuce, onion and tomato, side of Tzatziki sauce. <i>Due to the ground lamb, the burger is cooked well.</i> Calories:370 Fat(g):11 Protein(g):26		
SMOKED TURKEY SALAD 13	WITH	Grape Tomato & fresh Mozzarella Salad Calories:140 Fat(g):11 Protein(g):7	
Smoked turkey breast, roasted turkey bacon, avocado mango, arugula and baby greens, blood orange citronette. Calories:387 Fat(g):22 Protein(g):23		Sweet Onion & Cucumber Dill Salad Calories:251 Fat(g):10 Protein(g):7	
THAI PRAWN SALAD 14		House Potato Salad Calories:251 Fat(g):10 Protein(g):9	
Prawns, rice noodles, asian veggies with a sweet and tangy Thai inspired dressing. Calories:672 Fat(g):44 Protein(g):14		Sweet Potato Pancakes Calories:270 Fat(g):2 Protein(g):5	
CILANTRO-LIME CHICKEN 13		Grilled Vegetables Calories:76 Fat(g):3 Protein(g):3	
Warm cilantro-lime chicken breast, grilled vegetables, whole wheat garbanzo bean artisan flat bread, essence of chili, cilantro and tomatillo aioli. Calories:431 Fat(g):19 Protein(g):32	House Sweet Potato Fries Calories:244 Fat(g):12 Protein(g):3		
GRILLED CHILEAN SEA BASS 16			
Bamboo rice, ginger-snap pea puree. Calories:440 Fat(g):4 Protein(g):31			
CORN ENCHILADAS 14			
Fresh yellow corn and pepper salsa, corn tortilla. Served with a black-bean rice cake. Calories:341 Fat(g):8 Protein(g):13			
SEARED AHI STEAK 17			
Ahi Tuna steak, Napa cabbage, carrot and snow-pea over Quinoa, yellow miso and moo-shoo glaze. Calories:539 Fat(g):12 Protein(g):44			

We proudly carry Stevia as a healthy sugar alternative.

MANGOS RESTAURANT serves market-fresh, locally grown ingredients prepared in healthful ways while maintaining a higher level of culinary expertise. At Arden Hills Resort Club & Spa we strive to provide you with the opportunity to improve the quality of your wellbeing, beginning with sound nutrition. We are confident that you will enjoy your dining experience.

Join us for Sunday Brunch. 10am-2pm.
Mangos is also available for private parties.
Contact our Concierge at (916) 481.6111

