

MANGOS

ENTRÉE SALADS

Coconut Crab Cake \$10

Baby arugula and spinach tossed with roster red and yellow peppers, toasted macadamia nuts, and coconut over a mango-coconut puree.

Chipotle Chicken Caesar \$13

Romaine hearts tossed in our house made Chipotle Caesar dressing, and garlic tortilla crisps.

Veggie Pesto 'Noodle' Salad \$12

Fresh zucchini and yellow squash spiral 'noodles' tossed with a light miso-basil pesto.
The dish is served chilled

Smoked Turkey Salad \$13

Smoked Turkey breast, Roasted turkey bacon, avocado mango, arugula and baby greens, tossed in blood orange citronette.

Thai Prawn Salad \$14

Shrimp and rice noodle tossed with Asian veggies with a sweet and tangy Thai inspired dressing.

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. Every Sunday, 10am-2pm.
Mangos is also available for private parties.
Contact Colleen Bedell at (916) 481.6111 ext 1133*

We proudly carry Stevia as a healthy sugar alternative.

ENTRÉE

Cilantro-Lime Chicken \$13

Warm cilantro-lime chicken breast and grilled vegetables served open-faced on a whole wheat and garbanzo bean artisan flat bread with essence of chili, cilantro and tomatillo aioli.

Grilled Chilean Sea Bass \$16

Bamboo rice and garden fresh ginger-snap pea puree.

Corn Enchiladas \$14

Fresh yellow corn and pepper salsa wrapped in a corn tortilla. Served with a black-bean rice cake.

Seared Ahi Steak \$17

Ahi Tuna steak seared with Napa cabbage, carrot and snow-pea over Quinoa, yellow miso and moo-shoo glaze.

SANDWICHES

Shaved Tri-Tip Sandwich \$15

Thinly sliced tri-tip, Swiss cheese, grilled onions and au jus on a whole grain roll.

Grilled Bison Burger \$11

Healthy, lean American Bison, grilled onions with Maytag bleu cheese.

Mediterranean Burger \$13

Winner of the Healthy Burger Competition

Submitted by Lizann Hunt

Lean ground beef and ground lamb stuffed with feta, dill and spinach. Served on a whole wheat pita with lettuce, onion and tomato and side of Tzatziki sauce

Due to the ground lamb, we suggest the burger cooked well.

Sandwiches Served with Grape Tomato and fresh Mozzarella Salad, Sweet Onion and Cucumber Dill Salad, House Potato Salad, Sweet Potato Pancakes, Grilled Vegetables, or House Sweet Potato Fries.



ARDEN HILLS
RESORT CLUB & SPA

A WELLNESS RESORT

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