

SILHOUETTES

day spa®

Mysilhouettespa.com

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Entree Salads provided by **Farlows on the Water**

Please select one of the following selections for your spa dining package:

St. Croix Cranberry Chicken Salad House Specialty ~

Two scoops of freshly made cranberry chicken salad, placed over a bed of lettuce with raspberries, Granny Smith apples, strawberries, mandarin oranges and candied pecans, served with our house vinaigrette..

Southern Style Macadamia Encrusted Chicken Salad ~

Hearts of romaine and iceberg lettuce tossed with granny smith apples, glazed pecans and blue cheese dressing .topped with sautéed macadamia encrusted chicken breast and finished off with fresh strawberries and a balsamic reduction.

Caribbean Grilled Scallop Salad ~

Grilled scallops over romaine and iceberg lettuce with grilled pineapple, avocado and mangos with a citrus vinaigrette.

South of the Border Taco Salad ~

A crispy taco bowl with spicy beef topped with refried beans, 4 Mexican cheeses, lettuce, sour cream, diced tomatoes, and a side of spicy black bean salsa. Add jalapeno peppers for .50

St. Croix Crab Salad House Specialty ~

Real Crab salad served on a bed of lettuce with fresh fruit and celery.

Florida Rock Shrimp Salad ~

Flash fried rock shrimp, strawberries, tomatoes, cucumber and blue cheese crumbles served with our house vinaigrette dressing.

Seafood Salad ~

Fresh blue crab salad and sauteed shrimp seasoned with Caribbean spices on crispy romaine and iceberg lettuce with slices of tomato and egg. Served in our crispy taco shell.

St. John's Steak Salad ~

Hand Cut Black Angus NY Strip steak that is marinated in our St. John's Marination of honey and Caribbean vinegar, served atop our house rock island salad with romaine lettuce, diced tomatoes, cheddar cheese, red onions and spicy pecans.

Add to the following Salads - grilled or blackened:

Chicken ~ 3, Shrimp ~ 5, Fresh Catch ~ Market Price

Island Spinach Salad ~

Fresh spinach salad tossed with our house raspberry vinaigrette dressing, topped with fresh strawberries, blueberries, raspberries, hearts of palm, feta cheese and sweet pecans

Rock Island Salad ~

Our house salad with romaine lettuce, diced tomatoes, cheddar cheese, red onions and spicy pecans.
1/2 portion available ~

Our Classic Caesar Salad ~

Crispy romaine lettuce topped with croutons and parmesan cheese.
Add Anchovies ~

Louisvillian Salad ~

Fresh spinach, marinated artichoke hearts, strawberries, spicy pecans, red onions. Topped with aged feta cheese and a touch of fresh cracked black pepper and drizzled with balsamic vinaigrette.

Chose from Farlows on the Waters Homemade Salad Dressings

Blue Cheese, Honey Mustard, Thousand Island, Ranch, Italian, Caesar, House Sweet & Sour, Balsamic Vinaigrette, Raspberry Vinaigrette



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