

# Well & Being

AT WILLOW STREAM SPA

LIVE IT WELL

In partnership with La Hacienda by Richard Sandoval  
our Well & Being nutritionist has selected items  
from the La Hacienda menu that support a healthy lifestyle.

The concept of eating well carries many meanings  
at Well & Being at Willow Stream Spa.  
From nourishing your mind and body,  
to improving your quality of living.  
We are committed to providing you with diverse menu  
offerings in support of your health and wellbeing.

The best ingredients  
+  
Our incredible culinary team  
+  
The Well & Being philosophy  
=  
An alliance between the good and good for you



**LA HACIENDA**

by richard sandoval



# LA HACIENDA

by richard sandoval

## WELL & BEING AT WILLOW STREAM SPA HEALTHY CUISINE MENU SELECTIONS

### ANTOJITOS

#### GUACAMOLE 16

avocado | tomato | chile serrano | cilantro | onion

#### CEVICHE DE MARISCOS\* 20

shrimp | clams au gratin | octopus chicharron | agua chile

### ENSALADAS Y SOPAS

#### BABY GREENS SALAD 15

heirloom tomato | mango | orange | avocado  
candied pepitas | requeson | vinaigrette trio

#### CALDO DE QUESO 10

chicken broth | gold potatoes | corn  
queso fresco | hatch green chile | cream

### PLATOS MEXICANOS

#### BRANZINO A LA PARILLA 36

cabbage slaw | mango salsa | chile arbol remoulade

#### VERDURAS de la TEMPORADA 28

seasonal vegetables | butternut squash quesadillas  
mole verde

### POSTRES

#### SEASONAL BERRIES 7

Calories 64, Fat 0.6g, Carb 15.4g, Protein 1.2g

Executive Chef | Forest Hamrick