

# KIN | SPA

## Super Foods

Super Foods are an extraordinary group of food that contain vitamins, nutrients and/or minerals that are believed to provide special properties for health, disease prevention and longevity.

### **Apples**

Apples are packed full of antioxidants, especially vitamin C for healthy skin and gums. Apples also contain a form of soluble fiber called pectin that can help to lower blood cholesterol levels and keep the digestive system healthy.

### **Avocados**

Avocados are brimming with essential nutrients, including potassium, B vitamins and folic acid. They also act as a so-called nutrient booster, when eaten with other foods, avocados enable the body to better absorb cancer-fighting nutrients, such as carotenoids, found in vegetables that include spinach and carrots.

### **Berries**

Berries are loaded with vitamin C, folate, fiber and phytonutrients. Fresh berries are seen as some of the most powerful disease fighting foods available.

### **Citrus Fruits**

Citrus fruits contain vitamin C which helps your body fight certain cancers (lung, cervical, esophagus & stomach). They are also rich in bioflavonoids.

### **Flax Seed**

Derived from the plant source, flax seed offers a vegetarian alternative to provide omega 3 fatty acids and also contains other beneficial ingredients such as fiber and lignan, a type of antioxidant phytoestrogen.

## **Oats**

Oat bran lowers cholesterol and blood pressure. Oats may also reduce risk of colon cancer. Oatmeal contains both soluble and insoluble fiber.

## **Pumpkin Seeds**

Pumpkin Seeds are high in carotenoids, omega-3 fats and zinc.

## **Salmon**

Salmon contains omega-3 oils that fight heart disease. This delicate fish also contains calcium, magnesium, protein and B vitamins.

## **Tomatoes**

Tomatoes contain lycopenes - an antioxidant more potent than vitamin C. They stimulate immune function and may slow degenerative diseases.

## **Walnuts**

Walnuts are one of the best plant sources of protein. They are rich in fiber, B vitamins, magnesium and antioxidants such as vitamin E.

# Menu

## **Roasted Nuts and Crudites Platter**

Blend of Seeds and Nuts, Fresh Seasonal Vegetables and Roasted Garlic Hummus (Super Foods - Flax Seeds, Walnuts) - \$9

## **Blackened Ahi Salad, Sesame Dressing**

Avocado, Cabbage Slaw, Orange and Grapefruit Segments Toasted Walnuts (Super Foods - Avocado, Walnut, Orange) - \$19

## **Seven Grain Pear and Brie Sandwich**

Watercress, Balsamic Aioli, Tabbouleh Salad (Super Foods - Pumpkin Seeds, Grains) - \$16

## **Heirloom Tomato and Arugula Salad**

Fresh Bocconcini, Basil, Extra Virgin Olive Oil, Meyer Lemon (Super Foods - Tomatoes) - \$10

## **Crispy Skin Salmon**

Cucumber and Cherry Tomato Salad, Bibb Lettuce, White Balsamic Dressing (Super Foods - Salmon, Tomato) - \$22

## **Sugar Free Chocolate Cake**

Blueberries and Blackberries (Super Foods - Blackberries, Blueberries) - \$9

## **Fresh Fruits and Berries**

Apple Cinnamon Dip (Super Foods - Apple, Cinnamon) - \$12