



BOOST CAFE'

AT SILVERADO RESORT

SERVED ALL DAY

7:00 am - 3:00 pm

ORGANIC AVOCADO TOAST 10/14

With fresh squeezed lime, Himalayan sea salt and Marash pepper on sliced bread.
SUPER BOOST it with Smoked Salmon, Feta Cheese and a drizzle of reduced balsamic glaze

RAINBOW SMOOTHIE BOWL 14

Choose a smoothie and we will add the fruit & Booster toppings

YOGURT PARFAIT 10

Greek yogurt*, house-made granola, blueberries*, strawberries* and a drizzle of Marshall Farms honey*

SEASONAL FRUIT CUPS 7

Served with house-made granola on the side

WHOLE FRUIT 2

HARD BOILED EGG 1

LUNCH

11:00 am - 3:00 pm

HUMMUS WRAP 12

Red pepper hummus, tomatoes, cucumbers, avocado, pea shoots, spinach or kale wrapped in a flour tortilla

BLUE ZONE WRAP 14

Chicken salad with gem lettuce, avocado, tomatoes, black olives, feta and cucumbers wrapped in a flour tortilla

BOOST TUNA SANDWICH 12

Tuna salad served with gem lettuce and tomatoes prepared on sourdough bread

MEDITERRANEAN SALAD 12

Gem salad, red onion, olives, feta, sun-dried tomatoes, and pickled peppers with basil vinaigrette

BEET & GOAT SALAD 12

Mixed greens, golden beets, pumpkin seeds and goat cheese with Champagne vinaigrette

VEGGIE CUPS 6

Chef's choice of cut veggies served with hummus

ARTISAN CHEESE BOARD

2 PPL 22 | 4 PPL 38

Local cheese, dried figs & apricots, grapes, Marcona almonds*, and rustic flatbread

Gluten Free Option – While this menu item is GF, it was not prepared in a certified GF kitchen
Superfood – This item is identified as having the most beneficial nutrition for a healthy body





BOOST CAFE'

AT SILVERADO RESORT

BOOSTER BAR

BOOSTERS FOR SMOOTHIES & JUICES 2

Plant Protein

Good for energy, muscle recovery and overall good health, 28 gms of protein, 2 tbs

Bee Pollen

Energy enhancer, immune system booster, 40% protein in 1 tbs

Hemp Seeds

High in Omega 3 and Omega 6 fatty acids, 13 grams of natural protein in 3 tbs

Pumpkin Seeds*

Powerhouse that contains magnesium, protein and zinc – 5 grams of protein in 1/4 cup

Chia Seeds*

Gluten free, loaded with fiber, protein, Omega 3 fatty acids, 5 grams of protein in 2 tbs

FRESH FRUIT SMOOTHIES

INCLUDES ONE SUPERFOOD BOOSTER 12

RECOVERY BOOST

Banana, strawberries* and OJ 12

BERRY BLAST

Banana, strawberries*, blueberries, blackberries, and cranberry juice 12

GREEN GODDESS

Kale*, banana, pineapple, almond milk 12

CARROT ZINGER–IMMUNE BOOSTER

Carrots, ginger*, pineapple, banana, turmeric*, lemon juice, carrot juice* 12

REVIVE ME

Banana, strawberries* pineapple, blueberries, and OJ

BEVERAGES

	Base	Small
House Coffee		3.50
French Press	5.25	4.25
Café Latte or Cappuccino	5.65	4.80
Café Mocha		
Espresso		
1 Shot	1.75	3 Shots 2.65
2 Shots	2.25	4 Shots 3.25
Chai Tea Latte	5.65	4.65
White Lion Hot Tea		3.00
(Stress Shield, Tummy Tamer, Pillow Zen)		
Good Pharma – Functional Mushroom Tea		5.00
(Resilience, Brain Gain, Rest Assured)		
Mineral Water, San Pellegrino Sparkling		3.50
Juice – Cranberry* or Orange		4.00
Bottled Teas		4.00 - 5.00
Pure Wild - Marine Collagen drink		4.50
Health Aid Kombucha		6.00
Nitro Cold Coffees		5.00

BEER starting at 7.00

WINE starting at 10.00

SELTZER starting at 8.00

Gluten Free Option – While this menu item is GF, it was not prepared in a certified GF kitchen.

Superfood – This item is identified as having the most beneficial nutrition for a healthy body.