

Aster Cafe

SOUP

Root Vegetable Soup 6.95
Roasted zucchini, white truffle oil
115 calories | 5g fat | 15g carb | 5g protein

STARTERS

Guacamole 5.95
Baked tortilla chips
65 calories | 5g fat | 10g carb | tr g protein

Za'atar Spiced Beet Dip 5.95
toasted hazelnut, goat cheese, crispy lavash bread
90 calories | 5g fat | 5g carb | tr g protein

Roasted Bell Peppers Hummus 5.95
organic olive oil, chia seeds, pita bread
183 calories | 5g fat | 25g carb | tr g protein

SALADS

Lakehouse Salad 6.95
Romaine, mesclun, avocado, cucumber, garbanzo, pickled radish,
carrot, roasted beets, tamari roasted almonds,
pink peppercorn ranch dressing
145 calories | 5g fat | 20g carb | 5g protein

Power Bowl 11.95
Mixed organic raw vegetables, chickpeas, soy beans, dried nuts,
dried fruits, goat cheese, pomegranate vinaigrette
add grilled salmon or grilled chicken breast
265 calories | 12g fat | 25g carb | 35g protein

FLATBREADS

Margherita 11.95
Roasted tomatoes, garlic, oregano, basil, mozzarella, parmesan
340 calories | 10g fat | 40g carb | 20g protein

Chicken BBQ 12.95
BBQ sauce, chicken, red onion, arugula, mozzarella, blue cheese
430 calories | 10g fat | 40g carb | 35g protein

Mushroom 11.95
Leeks, portobello, cauliflower, porcini dust, fontina, white truffle
410 calories | 15g fat | 40g carb | 15g protein

SANDWICHES

House Smoked Turkey 13.95
Bacon, tomato, arugula, mayo, havarti cheese on wholegrain bread
485 calories | 15g fat | 60g carb | 20g protein

Roasted Eggplant Roll 12.95
Roasted Eggplant, tomato confit, provolone cheese on a challah bun
355 calories | 12g fat | 60g carb | 10g protein

FAVORITES

Thai Coconut Curry shrimp Bowl 13.95
Roasted seasonal vegetables, shrimps, forbidden rice, coconut curry sauce,
frizzled onions, roasted cashews, lime and cilantro
430 calories | 10g fat | 40g carb | 35g protein

Chicken Chalupas 13.95
Grilled free range chicken, Vermont cheddar cheese, pinto beans,
shredded lettuce, guacamole, pico de gallo, crispy corn tortillas
355 calories | 15g fat | 30g carb | 30g protein

Zesty Wheat Berry & Black Bean Chili 11.95
Wheat berries, black beans, chili spices, chipotle, avocado,
cheddar, green onion, gluten free cornbread
285 calories | 10g fat | 40g carb | 20g protein

DESSERTS

fat free frozen yogurt & sorbet
two flavors daily

Sorbet 2.95
155 calories | 0g fat | 40g carb | 0g protein | gf | df

Yogurt 2.95
170 calories | 0g fat | 40g carb | 5g protein | gf

RED

Lyric by Etude, Pinot Noir, Santa Barbara 16

Joseph Carr Cabernet Sauvignon, Napa 15

WHITE

Domaine Ott Domainers Rose, Provence, France 14

Alois Lageder Pinot Grigio, Alto Adige, Italy 14

Frog's Leap Estate Sauvignon Blanc, Napa Valley 16

La Crema Chardonnay, Monterrey 15

SPARKLING

Cupcake Vineyards Prosecco, Veneto NV 187ml 14

Chandon Rose, California 187ml 15

Moet Brut Imperial, Champagne, France 187ml 22

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
If you have food allergies or special dietary requests, please notify your server before ordering or ask to speak to the Chef.

Guests please note that in order to maintain the tranquil and relaxing atmosphere of Lake Austin Spa Resort, we respectfully ask that you refrain from using cell phones or laptops in our restaurants.