

EGGS & PLATES

POACHED EGG

Poached Egg, Cumin Scented Leek, Shallot, Spinach, Smoked Salmon
345 calories | 18g fat | 25g carb | 20g protein | gf

OMELETTE

Green Onion, Niman Ranch Ham, Swiss Cheese
210 calories | 15g fat | 5g carb | 20g protein | gf

HOUSE MIGAS

Eggs Scrambled, Cheese, Tortilla Strips, Onion, Tomato, Fresh Cilantro, Tomatillo Salsa
290 calories | 18g fat | 10g carb | 15g protein | gf

HIPPIE HOLLOW

Egg Whites Scrambled, Wild Mushroom, Spinach, Boursin Cheese
195 calories | 10g fat | 5g carb | 10g protein | gf

AVOCADO TOAST

Sunny Side Up Egg, Applewood Smoked Bacon, Avocado, Radish, Garden Herbs, Wholegrain Bread
330 calories | 20g fat | 25g carb | 20g protein | df

LOX AND BAGEL

Smoked Salmon, Red Onion, Tomato, Capers, Dill, Neufchatel Cheese
330 calories | 10g fat | 35g carb | 20g protein

SAVORY OATMEAL

Gluten Free Steel Cut Oat, Quinoa, Roasted Tomato, Green Onion, Hemp Seed, Goat Cheese
355 calories | 10g fat | 40g carb | 8g protein | gf

ABC TACO

Eggs Scrambled, Avocado, Bacon, Cheddar Cheese, Salsa, Flour Tortilla
415 calories | 21g fat | 38g carb | 20g protein

TEXAS FRENCH TOAST

House - Made Berry Jam, Sugar Dust, Vanilla Cashew Cream
260 calories | 5g fat | 35g carb | 10g protein

GLUTEN FREE BLUEBERRY PANCAKE

Sugar Dust, Vermont Maple Syrup
240 calories | 5g fat | 40g carb | 5g protein | gf

SIDES

TWO EGGS ANY STYLE

140 calories | 10g fat | 0.5 g carb | 10g protein | gf | df

APPLEWOOD BACON

65 calories | 5g fat | 0.5 g carb | 5g protein | gf | df

APPLEGATE TURKEY BACON

35 calories | 5g fat | 0.5 g carb | 5g protein | gf | df

VEGGIE PATTIES

70 calories | 3g fat | 3g carb | 9g protein

HILL COUNTRY POTATOES

90 calories | 5g fat | 10g carb | 0.5 g protein | gf | df

WHOLEGRAIN PULLMAN TOAST

100 calories | 1.5g fat | 20g carb | 5g protein | df

GLUTEN FREE TOAST

70 calories | 2g fat | 12g carb | 4g protein | gf | df

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SANDWICHES

served with vegetable chips & house pickles

Classic Burger

Grilled beef, red leaf lettuce, beefsteak tomato, onion, fancy sauce, challah bun

405 calories | 15g fat | 20g carb | 35g protein | df

Bison Burger

Grilled bison, brie cheese, arugula, caramelized onion, Lake Austin steak sauce, beefsteak tomato, challah bun

415 calories | 15g fat | 20g carb | 35g protein

Veggie Burger

Grilled veggie patty, wild mushrooms, caramelized onion, parmigiano reggiano, beefsteak tomato, red leaf lettuce, umami sauce, challah bun

395 calories | 10g fat | 35g carb | 20g protein

Grilled Cheese Sandwich

Tomato, basil, local honey, havarti cheese, sourdough bread

390 calories | 10g fat | 20g carb | 10g protein

Texas Club

House smoked turkey, natural bacon, pepper jack, red leaf lettuce, beefsteak tomato, avocado, chipotle mayo, whole grain bread

455 calories | 20g fat | 45g carb | 20g protein

FLATBREADS

Margherita

Tomato, garlic, garden oregano, basil, mozzarella, parmesan

340 calories | 10g fat | 40g carb | 20g protein

Chicken BBQ

Local BBQ sauce, chicken, red onion, mozzarella, blue cheese

430 calories | 10g fat | 40g carb | 35g protein

Mushroom

Leek, wild mushroom, mozzarella, parmesan, truffle oil

345 calories | 10g fat | 40g carb | 20g protein

FAVORITES

Shrimp Tacos

Texas bay shrimps, peanut sauce, cabbage, lime - ginger dressing

410 calories | 12g fat | 32g carb | 25g protein | gf | df

Quesadilla

Spinach, cheddar, mushroom, lettuce, guacamole, pico de gallo

400 calories | 20g fat | 30g carb | 20g protein

Enchiladas Verdes

Chicken, cheddar, salsa verde, lettuce, guacamole, pico de gallo

355 calories | 15g fat | 30g carb | 30g protein | gf

HEALTHY BOWL

PROTEIN

Bay of Fundy Salmon

195 calories | 10g fat | tr carb | 20g protein | gf | df

Texas Bay Shrimp

130 calories | tr fat | tr carb | 25g protein | gf | df

Free Range Chicken Breast

195 calories | 5g fat | tr carb | 35g protein | gf | df

Sirloin Steak

220 calories | 5 fat | tr carb | 40g protein | gf | df

GRAINS

Rainbow Quinoa

115 calories | tr fat | 20g carb | 5g protein | gf | df

Black Beans

105 calories | 1.5g fat | 20g carb | 5g protein | gf | df

Forbidden Black Rice

175 calories | tr fat | 35g carb | 5g protein | gf | df

Brown rice

82 calories | 1.5g fat | 27g carb | 5g protein | gf | df

VEGETABLES

Indian Spiced Cauliflower

75 calories | tr fat | 10g carb | tr protein | gf | df

Yuzu Brussels Sprouts

65 calories | 5g fat | 5g carb | tr protein | gf | df

R

70 calories | 5g fat | 10g carb | tr protein | gf | df

Broccolini & Cauliflower

75 calories | 5g fat | 10g carb | tr protein | gf | df

SAUCES

Coconut Curry Sauce

85 calories | 5g fat | 20g carb | tr protein | gf | df

Roasted Tomato Sauce

85 calories | 10 fat | 15 carb | tr protein | gf | df

Sesame Soy Parsley

155 calories | 15g fat | tr carb | tr protein | gf | df

Umami Sauce

105 calories | tr fat | 10g carb | 5g protein | gf | df

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APPETIZERS

ROASTED CAULIFLOWER

Za'atar seasoning, hemp seeds, Medjool dates, garden mint, pistachio, tzatziki sauce
115 calories | 8g fat | 15g carb | 6g protein | gf

BRUSHETTA

Baguette, "Pure Luck" chevre, roasted heirloom tomato, garden basil, Texas olive, 25 years aged balsamic
195 calories | 8g fat | 25g carb | 6g protein

CILANTRO ALMOND HUMMUS

Red onion, radish, cucumber, heirloom cherry tomato, chia seeds, queso fresco, Texas olive oil, whole wheat pita
205 calories | 12g fat | 35g carb | 9g protein

SIMPLE GREENS

Mesclun mix, radish, cucumber, parmigiano reggiano, meyer lemon vinaigrette
110 calories | 10g fat | 10g carb | 5g protein | gf

GOAT CHEESE SALAD

Red quinoa crusted goat cheese, garden lemon balm marinated zucchini, asparagus, radish,
toasted sunflower seeds, pea shoots sprouts
140 calories | 10g fat | 10g carb | 6g protein | gf

HEIRLOOM TOMATO & CUCUMBER

Lemon ricotta, heirloom tomato, cucumber, garden basil pesto, olive dust, tomato vinaigrette
110 calories | 10g fat | 8g carb | 7g protein | gf

BEETROOT SALAD

Marinated chioggia beets, walnut crumble, shallot, avocado, arugula, tahini-lemon dressing
125 calories | 8g fat | 10g carb | 5g protein | gf | df

MAIN COURSE

AKAUSHI BEEF BAVETTE ESCABECHE

Coconut cream corn, roasted cauliflower, spinach cilantro salsa, tomatillo escabeche
445 calories | 18g fat | 25g carb | 40g protein | gf

BLACK PEPPER HOUSE MADE SPAGHETTI

Brussels sprouts, pancetta, wine soaked sundried tomatoes, parmigiano, regiano, fresh basil,
Texas aged balsamic
395 calories | 16g fat | 40g carb | 15g protein

BLACKENED LOCAL REDFISH

Rock shrimp, toasted Anson Mills green farro, sea island red peas, roasted
butternut squash, umeboshi mushroom dashi
405 calories | 12g fat | 30g carb | 28g protein | df

MOROCCAN VEGETABLE COUSCOUS

Carrot, zucchini, turnip, cauliflower, chickpea, almond, couscous, harissa Broth, raisin, onion confit
410 calories | 12g fat | 45g carb | 10g protein | df

PAN SEARED STRIPED BASS

Caramelized garden onion, fava beans puree, wild rice, broccolini, garden herb, marcona
almond romesco sauce, calamansi and garden chives oil
405 calories | 16g fat | 30g carb | 20g protein | gf

PEPPERED PISTACHIO CRUSTED CHICKEN BREAST

Sous vide cooked free range chicken, eggplant puree, tomato
chutney, red quinoa, almond cream

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