

Fresh Squeezed Organic Juice

Beginner / Intermediate / Advanced
3.29 4.49 5.99

Carrot Orange Apple

The Energizer

Carrot, Apple and Ginger

The Cucumber Cooler

Cucumber, Celery, Apple, Carrot and Lemon

You can create your own combination by choosing up to three different items. We have a variety of fresh fruits and veggies to mix in- ask a team member for today's availability.

Coffee Bar

House Bean

Fresh Ground Colombian Supremo 1.49

Espresso

Single Shot 1.49 or Double Shot 2.79

Cappuccino

Equal parts of espresso and steamed milk, topped with a thick layer of foamed milk 2.79

Café Latte

Espresso combined with steamed milk, topped with a small amount of foamed milk 2.79

Steamers

Steamed milk combined with a flavored syrup shot 1.99

Syrup Shot

Add a flavored syrup shot to any hot beverage. .49

Vanilla, Chocolate, Caramel, Amaretto, Hazelnut Flavors may vary. Check with us for a complete list.

Hot Chai Tea

A blend of black tea and spices 2.49

Hot Chocolate

Served with a dollop of whipped cream 1.49

Hot Herbal Tea

Lemon Mate, Zen, Passion, Wild Sweet Orange, Lotus, Awake 1.49

All coffee bar prices are for dine-in or for a 12 ounce to-go size

Beverages

Iced Tea 1.29

Sodas Coca-Cola Products 1.49

Powerade 1.49

Bottled Water .99

Perrier 1.49

Energy Drinks

Monster, Low-Carb Monster, Java Monster, Lo-Ball Java Monster 2.49

Function Drinks 1.99

function
DRINKS



Juices

Beginner / Intermediate / Advanced
1.29 1.99 2.29

Cranberry, Orange, Peach, Pineapple, Mango, Strawberry, Apple

Beer and Wine List Available Upon Request

Junior Members

Junior member meals are served with an 8 oz. milk or juice and choice of a fruit cup or carrot sticks 3.99

Add a scoop of frozen yogurt with sprinkles for .50

Turkey and Cheese

Served on toasted whole wheat bread with provolone cheese and mayo

PB & J

Served on whole wheat bread

Pita Pizza

A toasted pita with marinara sauce, ham and melted cheese

Toasted Cheese

Melted colby-jack cheese on toasted foccacia bread

Available for children 10 and younger

At The Spa Fitness and Wellness Centers we're committed to partnering with the community to help them create a healthy lifestyle. At Carrots, our goal is to ensure you have healthy food and beverage choices when you visit. If you are interested in our online, coach assisted nutrition program or would like more information about creating a more healthy way of life, please ask one of our team members for details.



860 Elm Street

Fayetteville, NC 28303

[www. TheSpaFitnessCenter.com/Carrots](http://www.TheSpaFitnessCenter.com/Carrots)

Hours of Operation

Monday-Friday 10:00 AM- 9:00 PM

Saturday 10:00 AM- 6:00 PM



Juice Bar & Cafe

Smoothie Bar

Fresh Organic Juices

Homemade Soups

Sandwiches and Wraps

Garden Fresh Salads

Gourmet Coffee



Take Out Available

Located Inside



Eutaw Shopping Center

Fayetteville, NC

(910) 484-2111

Smoothie Bar

Are you looking for a quick meal while you're on the go? Our fresh fruit smoothie is a nutritious meal in a cup. It's packed full of the vitamins and minerals your body needs and helps keep you satisfied. It's fast food that's good for you!
Need a boost? Try one of our Bonus Mix-Ins that suits your needs.

BONUS-MIX-INS .89

Whey Protein

Soy Protein

Now Featuring Rhino Naturals Liquid Supplements

Energy

A revitalizing blend to help increase energy.

Immunity

A full potency boost to build resistance from the common cold and flu by strengthening your immune system.

Slim

A synergistic blend that boosts metabolism

Flex

A complex blend to increase flexibility while stimulating joint and bone health.

Mind

An invigorating boost for enhanced mental focus and concentration.

Mood

An uplifting blend that supports well-being and calms the nerves.

VitaMin

100% of your daily vitamin requirements to promote whole body health and wellness.

Smoothies

Beginner / Intermediate / Advanced
2.29 / 3.49 / 4.59

Dairy Free Smoothies Available

- Baby Boomer** 0 Fat/ 258 Cal/ 59 Carbs/ 47 Sugar/ 6 Protein
Vanilla frozen yogurt, pineapple, banana and fresh mango juice
- Peachy-Keen** 0 Fat/ 260 Cal/ 60 Carbs/ 51 Sugar/ 6 Protein
Vanilla frozen yogurt, peaches, banana and fresh peach juice
- My-Ya-Papaya** 3 Fat/ 350 Cal/ 74 Carbs/ 51 Sugar/ 6 Protein
Vanilla frozen yogurt with coconut, banana and papaya juice
- Café de Chocolate** 4 Fat/ 300 Cal/ 61 Carbs/ 50 Sugar/ 2 Protein
Chocolate frozen yogurt, coffee, and chocolate syrup
- The Down Beat** 0 Fat/ 255 Cal/ 60 Carbs/ 50 Sugar/ 5 Protein
Vanilla frozen yogurt, raspberries, blueberries, and banana blended with cranberry and orange juices
- Chocolate Peanut Butter** 19 Fat/ 510 Cal/ 74 Carbs/ 55 Sugar/ 18 Protein
Chocolate frozen yogurt, banana, peanut butter, chocolate syrup and milk
- The Picasso** 3 Fat/ 310 Cal/ 64 Carbs/ 49 Sugar/ 7 Protein
Vanilla frozen yogurt with coconut, banana, peaches and fresh pineapple juice
- Chocolate Fruit** 2.5 Fat/ 355 Cal/ 69 Carbs/ 53 Sugar/ 12 Protein
Chocolate frozen yogurt with strawberries, raspberries, blueberries, banana, chocolate syrup and milk
- Rainbow Symphony** 3 Fat/ 392 Cal/ 81 Carbs/ 70 Sugar/ 7 Protein
Vanilla frozen yogurt, strawberries, banana, peaches, raspberries, blueberries, shredded coconut and fresh pineapple juice

Nutrition Facts are based on an "Intermediate" Smoothie

Soup of the Day

Prepared fresh daily and served with your choice of toasted foccacia breadsticks or crackers
Cup 3.49 or Bowl 4.29

Carrots Café Combinations

Make it a combo with your choice of the following for only 5.99
Cup of Soup and any 1/2 Sandwich or Cup of Soup with a Side Garden Salad or any 1/2 Sandwich and a Side Garden Salad

Specialty Sandwiches

All sandwiches are served with your choice of our signature Carrot Salad or a fresh fruit cup for 5.29

- Grilled Chicken Monterey** 23 Fat/ 620 Cal/ 63 Carbs/ 11 Sugar/ 39 Protein
Served on a spinach tortilla wrap with melted colby-jack cheese, red pepper mayonnaise, avocado, black olives, lettuce, and tomato
- Sicilian Grilled Chicken** 24 Fat/ 526 Cal/ 38 Carbs/ 4 Sugar/ 36 Protein
Served on toasted foccacia bread with melted provolone cheese, pesto, lettuce and tomato
- Veggie Pita Melt** 25 Fat/ 490 Cal/ 48 Carbs/ 3 Sugar/ 21 Protein
Avocado, black olives, sliced cucumbers, tomato and spinach with melted swiss cheese and garlic aioli on a whole wheat pita
- Ham & Brie** 33 Fat/ 462 Cal/ 44 Carbs/ 15 Sugar/ 36 Protein
Served on a toasted croissant with honey mustard sauce, lettuce and tomato
- Roasted Turkey** 21 Fat/ 501 Cal/ 42 Carbs/ 3 Sugar/ 36 Protein
Served with provolone cheese, cucumber, lettuce, tomato, and hummus on a warm whole wheat pita
- Portobello and Pepper** 23 Fat/ 500 Cal/ 57 Carbs/ 4 Sugar/ 18 Protein
Marinated in balsamic dressing, served on a spinach tortilla wrap with pesto sauce and melted provolone cheese. Add chicken if you'd like for a 1.49 610 Cal/ 42 Protein w/ Chicken
- Salmon Foccacia** 12.5 Fat/ 382 Cal/ 35 Carbs/ 1 Sugar/ 27 Protein
Served on toasted foccacia bread with a garlic aioli sauce, tomato and fresh baby spinach
- Roast Beef** 29 Fat/ 552 Cal/ 38 Carbs/ 3 Sugar/ 31 Protein
Served on toasted foccacia bread with melted provolone cheese, horseradish mayo, tomato and fresh baby spinach
- Chicken Salad** 16 Fat/ 574 Cal/ 55 Carbs/ 5 Sugar/ 54 Protein
Homemade with sliced red grapes, crisp celery and crunchy pecans in a low-fat tarragon mayo dressing served on a spinach tortilla wrap or have it served over mixed greens as a salad for 6.89 8 Fat/ 319 Cal/ 14 Carbs/ 7 Sugar/ 47 Protein
- Tuna Salad** 4 Fat/ 336 Cal/ 47 Carbs/ 11 Sugar/ 30 Protein
Fresh albacore tuna salad made with low-fat mayo, served on whole wheat toast with lettuce and tomato or have it served over mixed greens as a salad for 6.89
2 Fat/ 159 Cal/ 12 Carbs/ 5 Sugar/ 20 Protein

Deli Fresh Sandwiches

Create your own deli sandwich by selecting from each category below
(1)Meat (1) Cheese and Bread- add as many veggies as you like
finish with toppings and enjoy
Served cold unless otherwise specified.

All sandwiches are served with your choice of our signature Carrot Salad or a fresh fruit cup for 5.29

Meats	Cheeses	Veggies	Toppings	Breads
Turkey	Provolone	Lettuce	Mayo	Whole Wheat
Ham	Swiss	Tomato	Pesto	Wheat Pita
Roast Beef	Colby-Jack	Red Onion	Mustard	Spinach Wrap
Salami	Pepper-Jack	Cucumber	Honey Mustard	Tomato Basil Wrap
Grilled Chicken	Brie	Avocado	Garlic Aioli	Italian Foccacia
Salmon Fillet		Mushroom	Red Pepper Mayo	Croissant
		Black Olives	Horseradish Mayo	
		Pepperoncinis		

PLEASE BE SURE TO ASK ABOUT OUR DAILY SPECIALS!

Garden Fresh Salads

Salads are served with a toasted foccacia breadstick
Salad dressings: Balsamic Vinaigrette, Poppy-Seed Vinaigrette, Ranch, Italian, Blue Cheese, Honey Mustard, Vidalia Onion, Creamy Caesar, Reduced Fat Ranch
Add Grilled Chicken for \$2.00 or Salmon for \$2.50

- Carrots Garden Salad** 2.5 Fat/ 150 Cal/ 22 Carbs/ 5 Sugar/ 4 Protein
Mixed greens, cucumbers, cherry tomatoes, baby carrots, bell peppers, sliced mushrooms, and black olives Your choice of salad dressing 5.49
- Citrus Spinach Salad** 8 Fat/ 315 Cal/ 47 Carbs/ 37 Sugar/ 8 Protein
Fresh baby spinach with sliced strawberries, golden raisins, mandarin oranges, and sunflower seeds. We recommend our poppy-seed vinaigrette 5.79
- Greek Salad** 7 Fat/ 198 Cal/ 17 Carbs/ 4 Sugar/ 9 Protein
Crisp romaine lettuce, feta cheese, sliced tomatoes, cucumbers, black olives, red peppers, pepperoncinis, onion and oregano. Complete this salad with our balsamic vinaigrette 5.79
- The Renaissance** 14 Fat/ 355 Cal/ 18 Carbs/ 5 Sugar/ 34 Protein
Mixed greens with tomatoes, mushrooms, black olives, pine nuts, feta cheese, croutons, and grilled chicken breast. Served with our balsamic vinaigrette 7.49
- The Spa Gourmet** 18 Fat/ 515 Cal/ 62 Carbs/ 36 Sugar/ 35 Protein
Mixed greens and crisp romaine with sliced strawberries, mandarin oranges, dried cranberries, chopped pecans, blue cheese crumbles, and grilled chicken breast. We recommend our chunky blue cheese dressing for perfection! 7.49
- Classic Chicken Caesar** 6 Fat/ 250 Calories/ 15 Carbs/ 1 Sugar/ 31 Protein
Crisp romaine lettuce, with parmesan cheese, croutons, and grilled chicken breast, served with our creamy caesar dressing 6.89
- Asian Chicken Salad** 10 Fat/ 392 Cal/ 20 Carbs/ 8 Sugar/ 31 Protein
Mixed greens, slivered almonds, crunchy noodles, sliced radishes, fresh carrots, mandarin oranges and grilled chicken breast, served with our spicy peanut dressing 7.49
- The Southwestern** 15 Fat/ 471 Cal/ 43 Carbs/ 5 Sugar/ 37 Protein
Crisp romaine lettuce layered over tortilla chips, topped with shredded cheese, black beans, corn, bell peppers, tomatoes and grilled chicken breast, served with our signature southwestern dressing 7.49
- Summer Salmon** 8.5 Fat/ 260 Cal/ 11 Carbs/ 5 Sugar/ 29 Protein
Mixed greens, fresh baby spinach, with sliced strawberries, feta cheese and grilled salmon. We recommend our balsamic vinaigrette 7.89

Nutrition facts are for salads only and do not include dressing or bread since choices will vary.

Light Fare

- Bagels** 1.29 2 Fat/ 210 Cal/ 43 Carbs/ 6 Sugar/ 8 Protein
Served toasted with butter, cream cheese, or peanut butter
- Muffins** 1.29 Nutrition Facts will vary
- Daily Assortment**
- Fruitarian** 6.95 0 Fat/ 163 Cal/ 40 Carbs/ 33 Carbs/ 2 Protein
Fresh seasonal fruit served with low-fat vanilla yogurt or cottage cheese topped with cinnamon and honey
- Granola Parfait** 3.95 8 Fat/ 358 Cal/ 51 Carbs/ 39 Sugar/ 11 Protein
Layers of fresh berries, low-fat vanilla yogurt and crunchy granola clusters
- Veggie Plate** 3.95 2.5 Fat/ 90 Cal/ 15 Carbs/ 3 Sugar/ 1 Protein
Fresh cherry tomatoes, black olives, broccoli florets, sliced cucumbers and carrots served with ranch, blue cheese or caesar dressing
- Hummus Plate** 6.95 1.4 Fat/ 400 Cal/ 60 Carbs/ 10 Sugar/ 11 Protein
Middle Eastern garbanzo bean dip served with a variety of fresh vegetables and warm pita wedges