

# **SHARED PLATES** –

# Antipasto Platter 11.50

Artisan meats and cheeses, pepperoncini, ground mustard, olives and house-made bruschetta

543 Calories

# Bruschetta 7

Grilled French bread topped with a blend of diced tomato, red onion, minced garlic and basil chiffonade. Finished with parmesan and goat cheese. Served with house-made marinara.

788 Calories

## Margherita "Flatbread" 9.25

House-made marinara, mozzarella, roma tomatoes, basil, balsamic glaze drizzle, and mixed salad greens. Served on a 12" sun-dried tomato wrap.

544 Calories

# ask about our daily specials!

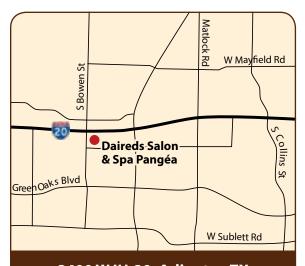
# get a taste of the spa life every day at Daireds Café

Inside Daireds Salon & Spa Pangéa lies a hidden gem of the metroplex's restaurant scene. Treat yourself to a delectable meal inside our café or relax with a cocktail in our beautiful garden to see what it really means to eat well. Located inside one of the top spas in the country, Daireds Café offers guests first-class food in a dynamic atmosphere.

#### **OPERATING HOURS**

MONDAY THROUGH FRIDAY 9 AM-6 PM SATURDAY 8:30 AM-5:30 PM SUNDAY NOON-6 PM

DAIREDS.COM · 817.465.9797



2400 W IH-20, Arlington TX inside Daireds Salon & Spa Pangéa Exit 448 at Bowen Street



shared plates

paninis & sandwiches

fresh salads

superfood quinoa bowls

desserts

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# **PANINIS & SANDWICHES**

Choice of sourdough or cracked wheat bread Served with dill pickle spear. Add cup of soup \$5.

Pangéa Salad Wraps 12 / Half 6

House-made chicken and tuna salads served with romaine hearts, Campari tomatoes, organic hard-boiled eggs and avocado 537 Calories

#### Buffalo Chicken Wrap 9.50

Chicken tossed in buffalo sauce, romaine lettuce, tomato, blue cheese, ranch dressing and sun-dried tomato wrap 602 Calories

Half Tuna or Chicken Salad Sandwich & Daireds House Salad 7

Choice of tuna salad or chicken salad, lettuce and tomato. Served with small Daireds House Salad. Substitute soup 2.50 301/360 Calories

#### Ranch Chicken Wrap 9.25

Grilled chicken, Swiss cheese, romaine and tomato with ranch 612 Calories

## Daireds Club Panini 9.75

Turkey, ham, bacon, tomato, swiss cheese and avocado aioli 488 Calories

#### BLT 8

Applewood smoked bacon, lettuce and tomato 515 Calories

Tomato and Mozzarella Panini 8

Basil garlic aioli, tomato and mozzarella cheese 510 Calories

#### California Chicken Panini 10

Grilled chicken, muenster cheese, tomato, avocado and tzatziki 672 Calories



# FRESH SALADS

Daireds House Salad 7 Mixed salad greens, grape tomatoes, cucumber, toasted sunflower seeds and shredded cheddar cheese. Served with ranch.

> \*Add grilled chicken 3 292 Calories

Cobb Salad 9 / Half 4.50

Romaine, grape tomatoes, avocado, hard-boiled egg and blue cheese. Served with white balsamic vinaigrette.

\*Add grilled chicken 3 465 Calories

Caesar Salad 8.50 / Half 4.25 Romaine lettuce and croutons dressed with parmesan cheese and classic Caesar dressing

> \*Add grilled chicken 3 375 Calories

Southwest Taco Salad 10 Served in a taco shell. Ground beef, romaine lettuce, black beans, red onion, grape tomatoes and shredded cheddar cheese. Served with chili lime vinaigrette.

Substitute chicken .50

724/607 Calories

#### Citrus Fennel Salad 9.00 / Half 4.50

Mixed greens, fennel, red onion, grape tomatoes and spring citrus. Served with citrus anise vinaigrette. \*Add grilled chicken 3

256 Calories

\*Add grilled chicken +162 Calories

# SUPERFOOD QUINOA BOWLS

#### Southwestern Quinoa Bowl 9

Quinoa, black beans, corn, roasted bell pepper and avocado. Served with chili lime vinaigrette.

\*Add grilled chicken 3

429 Calories

#### Protein Quinoa Bowl 9

Quinoa, pecans, almonds, chickpeas, sunflower seeds, hard boiled egg, almond milk and honey. Topped with green onions and shredded parmesan.

\*Add grilled chicken 3

550 Calories

#### Mediterranean Quinoa Bowl 9.50

Quinoa, cucumber, Campari tomatoes, artichoke hearts, feta, olives and roasted bell peppers. Served with white balsamic dressing.

\*Add grilled chicken 3

425 Calories

# DESSERTS

#### Sweet Sangria Berries 6

Seasonal mixed berries soaked in sweet sangria and layered with house-made whipped cream

278 Calories

#### Tiramisu 6

Classic coffee-flavored Italian dessert made with delicate espresso-infused sponge cake layered with lightly sweetened mascarpone cheese and espresso sweet cream

240 Calories

#### Cheesecake 8.75

Traditional New York Style cheesecake with buttery graham cracker crust and creamy cheesecake filling. Garnished with house-made whipped cream.

310 Calories

# daireds.com 🕖 817.465.9797 🕖 2400 W IH-20, Arlington TX 🕖 🧭 🍠 🖪