



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

Daireds
CAFÉ

shared plates

paninis & sandwiches

fresh salads

superfood quinoa bowls

desserts

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INSIDE DAIREDS SALON
& SPA PANGÉA

EXIT 448 AT BOWEN STREET

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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