

SPA CAFÉ

HEALTHY BREAKFAST (UNTIL 11AM)

2 eggs your way, multigrain baguette, avocado, hummus ^{(D)(G)} 75

Apple cookies, peanut butter, homemade granola ^{(G)(N)} 45

Homemade cranberry trail mix ^{(V)(N)} 45

BOWLS

HUMMUS & BREAD ^{(D)(G)} 65

Whole wheat pitta bread,
grilled vegetables

ADD: grilled chicken 35

CHERRY AÇAÍ ^(V) 65

Banana, blueberries, blackberries, raspberries,
black cherries, coconut flakes

SPIRULINA SMOOTHIE BOWL ^(V) 65

Spirulina, carambola, mango, avocado, coconut
milk, kefir, spinach, pomegranate, kiwi

BUILD YOUR OWN POKE BOWL ^(G) 95

MEAT: chicken | tuna ^(S) | salmon ^(S)
tofu ^{(V)(G)} | shrimp ^(S)

FILLER: edamame | sesame seeds
broccoli | cucumber | cabbage
avocado | radish | tomato | carrot

RICE: brown or white

SAUCE: chipotle aioli | Asian
sesame dressing | ponzu

SALADS

BURRATA SALAD ^{(D)(G)} 85

Tomato jus, burrata, heirloom tomato, grapes,
toasted rye bread

ADD: chicken or prawns 35

KALE, AVOCADO & QUINOA SALAD ^{(D)(G)} 85

Assorted quinoa, marinated kale, orange,
pomegranate seeds, apple, miso dressing

ADD: chicken or prawns 35

WRAP & SANDWICH

POST WORKOUT PROTEIN ^{351 KCAL (G)(V)} 75

Whole grain wrap, cucumber, pepper, mango,
bean sprouts, cabbage, coriander, tamarind dip

ULTIMATE MUSCLE SANDWICH ^{(G)(D)} 85

Multigrain bread, Turkey, beef salami, beef ham,
cheddar cheese, avocado, pickles,
lettuce & tomato

SMOKED SALMON ^{(S)(D)(G)} 95

Homemade smoked salmon, rye bread, cream
cheese, lettuce, cucumber, tomato

MAINS

MISO GLAZED SALMON ^{(S)(G)} 105

Spiced quinoa, avocado salsa, grilled asparagus

CHICKEN PESTO 95

Chicken breast, pesto sauce, cherry tomato, avocado & basil on whole wheat pasta

VEGETARIAN TOM YUM SOUP ^(V) 75

Thai flavours, shiitake mushroom, bok choy, coconut milk

SIGNATURE COFFEE

All classic coffees are available

Ristretto 65

Iced matcha latte 30

Iced mocha 30

Oat bubble cappuccino 30

Iced coconut coffee 30

ENERGY SHOTS 25

MORNING WALK

Grapefruit, ginger, yuzu, agave syrup

HANGOVER

Pickled ginger, wasabi, lemon

WAKE ME UP

Espresso, vanilla

WAKE UP CALL

Lemon, ginger

SLIM ME DOWN

Grapefruit, cider vinegar, ginger, honey

PROTEIN SMOOTHIES 55

STRAWBERRY BANANA

Vanilla, banana, strawberry, milk

SOY ALMOND

Vanilla or chocolate, soy milk, almonds, maple syrup

VANILLA COFFEE

Vanilla, milk, espresso

PEANUT BUTTER CHOCOLATE

Chocolate, peanut butter, milk

ALMOND BANANA CHOCOLATE

Chocolate protein powder, almond milk, coconut, banana

TEA 30

English breakfast tea

Earl grey

Jasmine blossom

Green sencha

Peppermint

Chamomile

ICED TEA 55

PARADISE GREEN

Green tea, lime, pineapple

LEMON

Black tea, lemon, lime, mint, agave syrup

FIVE TEA

Herbal tea, lime, lemon grass, ginger

WATER

	SMALL	LARGE
Still Acqua Panna	30	40
Sparkling San Pellegrino	30	40

VEGAN SMOOTHIES 55

AÇAÍ

Açaí purée, banana, almond milk, berries, honey

SUNNY DAYS

Orange, green apple, grapefruit, ginger, turmeric, lemon

GOODNESS GREEN

Cucumber, celery, spinach, kale, lemon, parsley, agave syrup

AFTER PARTY

Beetroot, carrot, ginger, green apple, lemon

FRESH JUICES 35

Orange

Watermelon

Pomegranate

Mango

Green apple

Pineapple