



Braised beef benedict (E, N)	50
High quality protein filled dish which melts in your mouth Gluten free English muffin, braised beef brisket, hollandaise sauce, caramelized onion, poached eggs and cherry tomato	
Egg white omelet with bacon and mushroom (E)	40
Keto friendly breakfast that helps to maintain weight 2 egg whites, onion, bacon, mushroom, tomato and green salad	
Kale benny [N, E, F]	55
Nutrients dense protein meal balanced with iron, vitamin B6 and dietary fiber Brioche bread, kale, poached eggs and hollandaise sauce with <u>homemade salmon carpaccio</u> OR <u>smoked beef bacon</u>	
Shakshuka with feta & fried eggs [D, E] (vegan option available)	40
Metabolism enhancing properties with high beta carotene, choline and calcium Red peppers, kale, white onions, homemade tomato sauce, fried eggs, feta cheese and gluten free flat bread	
Vegetarian breakfast [E] (vegan option available)	45
Dish rich in protein and healthy fats, balancing energy Asparagus, baby potato, mushroom, avocado, cherry tomato, poached eggs and hollandaise sauce	
Field of mushroom in kale and spinach bread (N)	45
A potassium & magnesium intense dish with anti-inflammatory effect and Vitamin K Kale and spinach toast bread, shimeji mushroom, Paris mushroom, enoki mushroom, kale, cherry tomato and cashew cream	
Paper pancakes [N, S] (vegan option available)	40
Anti-inflammatory and memory supporting Paper pancakes with <u>red wine berries</u> OR <u>apple and banana</u> OR <u>vegan Nutella</u>	
Acai bowl with eat well granola (N)	53
A superfood breakfast bowl loaded with healthy fats, antioxidants and vitamin C Acai puree, kiwi, strawberry, banana, avocado and homemade granola	
Dosa Rolls	40
A healthier take on Indian street food, rich source of vitamin, iron, calcium and magnesium Avocado puree, beetroot puree, sundried tomato paste and vegan mayonnaise	
Something light [N] VEGAN	43
Energy packed breakfast and omega-3 rich meal 2 slices of gluten free toast with homemade preserves, day squeezed OJ, fresh fruits and Your choice of organic coffee or tea, ADD 2 free range eggs- 16 (cooked any style)	
You decide (create your own breakfast)	
Spinach	16
Kale	16
Mushroom	16
Avocado	16
Bacon	16
Baby Potato	16
Free range egg (2 pcs)	16
Probiotic coconut yogurt	20
Flat bread	5
Gluten free toast	5

STARTERS

Snacks platter for 2	69
A full package for amino acids, proteins and immune boost Cauliflower buffalo chicken nuggets, taco cup with creamy beef, broccoli bite and stuffed potato cake OR Go VEGAN with Taco cup with eggplant, chickpeas & vegan cheese sauce, broccoli bites, stuffed potato cake, lentil and carrot fritter	
Vegan sushi with raspberry vinaigrette	40
Good source of heart healthy fatty acids and antioxidants Avocado, quinoa, mango, cucumber, sweet potato, raspberry, maple syrup and lime	
Vietnamese spring rolls VEGAN (N, SO)	38
Supports immune boosting and full of vitamin C and B vitamins Cucumber, carrots, beetroot, iceberg lettuce, peanut sauce and toasted quinoa rolled in rice paper, Add chicken-10, Beef OR Shrimps-15	
Vegan cheese platter (N)	48
Rich source of vitamin C along with vegan protein Homemade vegan mozzarella, raw spiced cashew cheese and melted vegan cheese	
Salmon tartar (F)	48
Plenty of Omega-3 and potassium, good for weight maintenance Raw hand cut salmon, green peas, basil oil, beetroot and wasabi caviar with citrus dressing	
Tomato terrine VEGAN	48
A cooling and hydrating starter packed with lycopene, vitamin C & K Tomato, saffron vinaigrette, basil oil and olive oil	
Healthy tacos (vegan option available)	38
High in vitamin A and loaded with heart-healthy fats and minerals Green bell pepper, onion, garlic, avocado, black bean, baby gem and gluten free tortilla Add chicken-10, Beef OR Shrimps-15	
Tomato soup VEGAN	38
Antioxidants lycopene, lutein and beta-carotene in tomatoes protects your eyes Tomato, celery, leeks, carrot, onion and basil	
Red lentil soup VEGAN	38
Protein rich and energy balancing Red lentil, onion, garlic, ginger, tomato, coriander and herbs	

SALADS

Edible garden VEGAN (N, SS)	49
Antioxidant and hormone balancing Garden salad leaves, roasted sweet potato, beetroot hummus, dukka, black sesame seeds and petit vegetables Add chicken-10, Beef OR Shrimps-15	
Quinoa crunch VEGAN (N, SO)	59
Rich source of plant based protein, omega-3 Quinoa, edamame, raw green beans, avocado, arugula, baby gem, raw almonds, chia and citrus dressing Add chicken-10, Beef OR Shrimps-15	
Buddha bowl VEGAN (SS)	49
Fights infections and improves brain cognition Sweet potato, green lentil, frisee lettuce, avocado, tomato, broccoli and sesame seeds	
Super food salad VEGAN (SO)	55
Increase your superfood intake, loaded with healthy fats, antioxidants and fiber Edamame, kale, raspberry, millet, grapes, cranberry, sunflower seeds, lemon and orange	
Poke bowl (F, SO, SS)	53
A well balanced starter full of healthy fats, proteins and some carbs Salmon, mango, coriander, chives, Holland chili, black rice, soya, sesame oil dressing and sesame seeds	
Beef salad (F)	55
A great way to replenish glycogen stores and rebuild muscles after a good workout Lemon grass, garlic, beef, mint, coriander, cucumber, Holland chili, lemon, fish sauce and onion	

MAINS

Lemon chicken with ratatouille	75	Thai red curry and flat rice noodles VEGAN	58
Great as a post workout meal to repair and grow muscles, good for energy metabolism Roasted chicken breast with turmeric, lemon and orange sauce with traditional ratatouille		A healthy take on a real Asian flavor Cauliflower, Paris mushroom, broccoli, rice noodles, red peppers, lemongrass, ginger, snow peas and coconut milk	
Seabass and lemony green risotto (F)	76	Add Sides	16
Immune system booster Seabass, Arborio rice, asparagus, spinach, green peas, kale and lemon		Green salad Sautéed Kale Steamed vegetables Steamed quinoa and rice Roasted baby potatoes	
Spiced salmon (F, SO)	82	Sweet potato fries	22
High in omega 3 fats to enhance mood and give brain power Salmon, spinach, sweet potato puree, avocado cream, red pepper puree and edamame			
Lamb meatballs and pilaf rice (N)	78		
Great meat to boost iron stores, cranberry and pomegranate with antiaging properties Minced lamb, pomegranate, green peas, cranberry, coconut yogurt, pilaf rice with almond flakes			
Flank steak and salad	90		
Loaded with iron, zinc and amino acids to help build muscles and repair tissues Flank steak, kale, baby potato, baby gem, rocca, cherry tomato, garlic and nonalcoholic red wine sauce			
Popular confit duck	75		
Great way to deliver protein along with the benefits of nutrients packed sweet potato Duck leg, kale, sweet potato, orange and cherry tomato			
#Cookingforpeanuts VEGAN [N]	55		
Vegan dish rich in proteins and fiber, low carbohydrate alternative Chickpeas & cashew curry, cauliflower rice, peppers, avocado and turmeric coconut yogurt			
Broccoli gnocchi VEGAN	58		
Abundance of nutrients to support healthy brain function, anti-inflammation, digestion and detox Broccoli, potato, tomato sauce, basil, black olive, sundried tomato and asparagus			

DESSERTS

(All Vegan)

Berries & chocolate cone (N)	40
Treat yourself with this gluten free tart that is full of antioxidants Cone tart, vanilla ice cream, choco ganache, berry compote and fresh berries	
Vegan citrusy meringue (contains sugar**) 35	
A perfect vegan treat this summer rich in vitamins Vegan meringue, passion fruit puree, orange, lemon and grape fruit	
Green panna cotta (N)	35
A healthy dessert packed with the nutrients of green leaves and good fat Lemon, coconut cream, almond milk, spinach, rocca leaves and salted bread stick	
Chocolate fondant (N)	40
For the love of chocolate with a healthy twist Molten chocolate cake, rocky road ice cream, chocolate sauce and almond flakes	
Coconut cheesecake (N)	40
A ketogenic dessert Fresh coconut, cashew nuts and cinnamon sauce	



RESTAURANT - BISTRO

✓ Vegan menu ✓

STARTERS

Snacks platter for 2 69
A full package for amino acids, proteins and immune boost
Taco cup with eggplant, chickpeas & vegan cheese sauce,
broccoli bites, stuffed potato cake, lentil and carrot fritter

Sushi with raspberry vinaigrette 40
Good source of heart healthy fatty acids and antioxidants
Avocado, quinoa, mango, cucumber, sweet potato, raspberry,
maple syrup and lime

Vietnamese spring rolls (N, SO) 38
Supports immune boosting and full of vitamin C and B vitamins
Cucumber, carrots, beetroot, iceberg lettuce, peanut sauce
and toasted quinoa rolled in rice paper,

Cheese platter (N) 48
Rich source of vitamin C along with vegan protein
Homemade vegan mozzarella, raw spiced cashew cheese and
melted vegan cheese

Tomato terrine 48
A cooling and hydrating starter packed with lycopene, vitamin C & K
Tomato, saffron vinaigrette, basil oil and olive oil

Healthy tacos 38
High in vitamin A and loaded with heart-healthy fats and minerals
Green bell pepper, onion, garlic, avocado, black bean, baby gem
and gluten free tortilla

Tomato soup 38
Antioxidants lycopene, lutein and beta-carotene in tomatoes
protects your eyes
Tomato, celery, leeks, carrot, onion and basil

Red lentil soup 38
Protein rich and energy balancing
Red lentil, onion, garlic, ginger, tomato, coriander and herbs

MAINS

#Cookingforpeanuts (N) 55
Vegan dish rich in proteins and fiber, low carbohydrate alternative
Chick peas & cashew curry, cauliflower rice, capsicum,
coconut yogurt and avocado

Cauliflower mac n' cheese 58
A guilt free vegan treat for mac n' cheese lovers
Penne pasta, cauliflower, coconut cream, broccoli and grilled zucchini

Sweet potato phad thai (N, SO) 55
A dish packed with good-for-you vitamins A, C, E, K
Sweet potato noodles, cabbage, tofu, asparagus, beans sprouts,
broccoli and homemade phad thai sauce

Thai red curry and flat rice noodles 58
A healthy take on a real Asian flavor
Cauliflower, Paris mushroom, broccoli, rice noodles, red peppers,
lemongrass, ginger, snow peas and coconut milk

Broccoli gnocchi 58
Abundance of nutrients to support healthy brain function,
anti-inflammation, digestion and detox
Broccoli, potato, tomato sauce, basil, black olive, sundried tomato and
asparagus

SALADS

Edible garden (N, SS) 49
Antioxidant and hormone balancing
Garden salad leaves, roasted sweet potato, beetroot hummus,
dukka, black sesame seeds and petit vegetables
Add chicken-10, Beef OR Shrimps-15

Quinoa crunch (N, SO) 59
Rich source of plant based protein, omega-3
Quinoa, edamame, raw green beans, avocado, arugula, baby gem,
raw almonds, chia and citrus dressing
Add chicken-10, Beef OR Shrimps-15

Buddha bowl (SS) 49
Fights infections and improves brain cognition
Sweet potato, green lentil, frisee lettuce, avocado, tomato,
broccoli and sesame seeds

Super food salad (SO) 55
Increase your superfood intake, loaded with healthy fats,
antioxidants and fiber
Edamame, kale, raspberry, millet, grapes, cranberry, sunflower seeds,
lemon and orange

DESSERTS

Berries & chocolate cone (N) 40
Treat yourself with this gluten free tart that is full of antioxidants
Cone tart, vanilla ice cream, choco ganache, berry compote and
fresh berries

Citrusy meringue (contains sugar**) 35
A perfect vegan treat this summer rich in vitamins
Vegan meringue, passion fruit puree, orange, lemon and grape fruit

Green panna cotta (N) 35
A healthy dessert packed with the nutrients of green leaves and good fat
Lemon, coconut cream, almond milk, spinach, rocca leaves and
salted bread stick

Chocolate fondant (N) 40
For the love of chocolate with a healthy twist
Molten chocolate cake, rocky road ice cream, chocolate sauce and
almond flakes

Coconut cheesecake (N) 40
A ketogenic dessert
Fresh coconut, cashew nuts and cinnamon sauce