



balance

WELLNESS BY ANANTARA

BALANCE BY ANANTARA WELLNESS AND WORDS FROM OUR CHEF

At Anantara Al Jabal Al Akhdar Resort we're passionate about the food we serve, not only to make it eye appealing and great tasting, but also to ensure we provide our guests with many healthy options. After all, who says healthy food doesn't taste good? We challenge this thinking every day.

Our mandate is to explore new markets around the world; to discover and uncover products which may be new to some but very familiar to our seasoned travelers. As such we source organic products through respected producers and farmers who share the same philosophy we do and whom we know very well and have built a long lasting relationship with.

With so many additives found in so many of the products we buy, it is not surprising that there are so many people developing food allergies and intolerances every day. Especially children who are far more susceptible to these food additives than adults. It is for these reasons that we take pride in purchasing the freshest products which are organic, additive free, hormone free, and produced following the strictest and most environmentally friendly processes.

Our Balance by Anantara Wellness has been designed with this mandate in mind. And so it gives us great pleasure in offering you our healthy options and bring you something out of the ordinary. We've created our Balance by Anantara Wellness menu with foods which our guests repeatedly ask for and are familiar with. In addition, we've developed our menus on the basis of not only the ingredient itself but have tested and combined ingredients in such a way as to make the food not only tasty but exciting to try.

If there is something missing from our menu which you are accustomed to or would like to try possibly for the first time and wish for us to prepare it, we would be pleased to prepare it for you. In addition, should you wish to take part in one of our Healthy Spice Spoons cooking classes, we would be honored to spend the time with you in our beautiful mountain surroundings. Whatever your choice, we're here to make your stay a most enjoyable and healthy one.

BALANCE BY ANANTARA WELLNESS BREAKFAST

<p>Anantara Wellness breakfast</p> <p>Your choice of freshly squeezed juice (choice of one per person): Orange, pomegranate, pineapple, watermelon or carrot. Selection of fresh sliced fruits. Egg whites, either scrambled or as an omelet with your choice of ingredients; mushrooms, onions, tomatoes, or mixed vegetables. Our homemade bircher muesli. Whole wheat or gluten-free toast with homemade sugar free jam of choice. Choice of beverage: freshly brewed coffee, decaffeinated coffee, hot chocolate with choice of milk, fresh ginger and lemon tea.</p>	10.000
<p>The no-guilt Quinoa Rancheros</p> <p>Crisp Quinoa Flat Bread topped with eggs poached in fresh tomato sauce, jalapeno peppers, spring onion and fresh cilantro. Served with a fresh avocado salsa and whipped calorie reduced crème fraiche. 240 Calories (V)</p>	6.000
<p>Super food Omelet</p> <p>Made with 1 whole egg and 2 egg whites with a blend of the top 5 superfoods – spinach, tomatoes, and onions which a fresh cucumber and avocado salsa, served with homemade blueberry sugar free jam and whole wheat or gluten free bread. 180 Calories (V)</p>	6.000
<p>Good For You Porridge</p> <p>Soft cooked red quinoa flavored with a touch of honey, vanilla, and cooked with soya milk – topped with fresh blueberries or bananas with Chia seeds. 120 Calories Dairy Free</p>	5.000
<p>Sunshine Benedict</p> <p>Homemade wholegrain toast topped with a poached egg and grilled turkey breast, topped with guilt-free yoghurt Hollandaise sauce.</p>	6.000
<p>Our Signature Healthy Pomegranate and Almond Granola</p> <p>130 Calories Dairy Free, Gluten Free, Vegan, Vegetarian</p>	4.000
<p>Steamed Asparagus with Guilt-free Hollandaise</p> <p>70 Calories, Dairy Free, Gluten Free, Vegan, Vegetarian</p>	3.500
<p>Greek yoghurt with vanilla and lavender honey</p> <p>80 Calories (V)</p>	3.000

Seasonal tropical sliced fruit plate 50 Calories, Gluten Free, Fat Free, Dairy Free, Vegetarian, Vegan	4.000
Sliced fresh avocado 60 Calories, Dairy Free, Gluten Free, Vegan, Vegetarian	3.500
WELLNESS ALL DAY LONG	
Heart Healthy Lentil Vegetable Soup	4.500
Two Cupsful of Green Goodness A healthy blend of blueberries, celery, spinach, and green apples.	4.000
Roasted Beet Hummus A great way to incorporate the anti-inflammatory goodness of beets with the goodness of chick peas. Blended and then topped with a touch of extra virgin olive oil. Served with crisp baked pita chips.	4.000
Baked Not Fried Taco Shrimp Salad Baked taco shell filled with grilled tiger prawns, avocado, roasted pineapple, grilled corn, and julienne bell peppers. Cannellini bean and pico de gallo ragout on the side.	8.000
Grilled chicken and vegetable salad Saffron and yoghurt marinated chicken kebabs with assorted grilled vegetables served over organic baby mixed greens with our citrus honey vinaigrette.	7.000
Gluten free Pasta Your choice of fresh tomato and basil, Primavera with julienne vegetables, or Puttanesca with capers, anchovies and black olives in a spicy tomato sauce.	7.000
Not too Much Red Meat Please 120 gram very lean Certified Angus filet grilled to perfection simply dressed with lemon, extra virgin olive oil and fresh cracked black pepper; steamed cocktail potatoes, grilled tomato and basil compote.	9.000
Your daily dose of Omega-3 Grilled salmon filet, served with a fresh salad of tomato, cucumber and Nicoise olives, tossed with fresh whole parsley and celery leaves in a light lemon balm vinaigrette.	9.000
French Vanilla Almond and Apple Crisp Dairy free almond milk, vanilla beans, roasted apples with non-fat yoghurt, oats, brown sugar and cinnamon. All baked into a gooey-goodness dessert.	3.500
Anti-Oxidant Rich Pomegranate Two full pomegranate arils removed from the husk for you to enjoy as a snack anytime and with only 72 Calories.	2.500