



balance

WELLNESS BY ANANTARA

WELLNESS CUISINE – WESTERN MENU

CHILLED LOW FAT YOGHURT SOUP

with fresh dill, honey roasted walnuts and extra virgin olive oil

SOUS VIDE COOKED CHICKEN BREAST

on rucola pumpkin mash and tomato coriander salsa

or

POACHED SEA BASS FILLET

on asparagus, steamed brown rice and honey thyme sauce

SKIM MILK VANILLA CRÊPE

with honey marinated berries and low fat yoghurt
(made with chickpea flour)

WELLNESS CUISINE – THAI MENU

TOM YUM HED

Fragrant hot and sour soup with mushrooms

YAM NUER YANG

Grilled Australian beef with grape, mint and lime dressing

or

YUM PLA SAMUN PRAI

Sea bass topped with fragrant Thai herbs and chili paste

SKIM MILK VANILLA CRÊPE

with honey marinated berries and low fat yoghurt

RAW JUICE MENU

Enjoy a range of freshly blended juices that are packed with raw natural goodness. Rich in vitamins, minerals and essential nutrients, each delicious recipe offers a revitalising boost with far reaching health benefits, for body and mind vitality that radiates from the inside out.

SHAPE REVIVER

Pineapple, Green Apple, Ginger, Lime, Honey

A thirst quenching blend with an exotic lively kick that helps to cleanse, detoxify and re-energise the body, while stimulating and aiding the digestion and immune system.

ENERGY BOOSTER

Watermelon, Mango, Lime

Rehydrating, refreshing and alkalizing, this naturally sweet mix will raise your energy levels and is a great pick me up for glowing skin and healthy eyes.

THE REJUVENATOR

Pineapple, Celery, Lime, Honey

Sib this vitamin rich, alkalizing remedy to relieve cold symptoms, ease your digestion, soothe the nervous system and boost vitality.

CLEANING BLEND

Papaya, Watermelon

Exotic and sweetly refreshing, this recipe is perfect for hydrating and cleansing the body, and is also a great slimming aid as it stimulates and eases digestion.