

soups

CHICKEN SOUP •

seasonal vegetables, chicken, garlic bread

MISO SOUP ••

tofu, spring onions, seaweed, rice noodles

salads/appetisers

APPLE SALAD ••••

walnut, celery, mixed organic greens, lime dressing

CAESAR SALAD •

bacon, egg, anchovies, caesar dressing, croutons

VEGETABLE SPRING ROLL ● ● ●

rice sheet spring roll, sweet chili, ginger soy sauce

SCOTTISH SMOKED SALMON • •

capers, dill, apple compote, artichokes, mixed organic greens

BEEF LASAGNA •

tomato and basil sauce, parmesan cheese

main courses

BEEF FLANK STEAK • •

potato, carrot terrine, sautéed spinach, red wine jus

BABY BACK RIBS • •

asian style vegetables, plantain mash, star anise reduction

SNAPPER ••

moringa risotto, ginger foam, gremolata

ROASTED CARROTS • • •

honey glazed, vegetable roll, beetroot, crushed cashew nuts

MUSHROOM AND TOFU WELLINGTON • •

carrot-ginger coulis, bok choy

CASHEW RICOTTA, TORTELLINI •

sautéed carrot, green peas, asparagus, saffron beurre blanc

SPROUTED MUNG DAL • • • •

served with saffron rice

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

nut free

dairy free

gluten free

ayurvedic

thunbergia

DINNER MENU

soups

ROASTED TOMATO SOUP • • • •

fennel infused, garlic bread

CARROT & GINGER SOUP • • •

rustic garlic bread

lemon dressing

salads/appetisers

NIÇOISE SALAD ••

seared tuna carpaccio, baby potato, green beans, cherry tomato, olives

TANDOORI CHICKEN TIKKA • • mint chutney, fresh garden salad

POACHED EGG •

herbs tart, sautéed spinach, tarragon cream sauce

FRESH MARKET SALAD • • • • seasonal organic vegetables, quinoa,

POACHED PRAWN • • •

sweetcorn broth, basil oil

main courses

BEEF STRIPLOIN • •

potato beetroot terrine, asparagus, roasted tomato, red wine jus

PORK LOIN • • •

green lentil ragout, sautéed spinach, tomato jam, truffle jus

CATCH OF THE DAY • •

broccoli purée, sautéed white beans, fennel, grenoble sauce

THAI VEGETABLE CURRY ● ● ● ● stir fried rice

PENNE ARRABIATA • • •

spicy tomato sauce, olives, spinach

SMOKED EGGPLANT ● ●

activated charcoal pasta, asparagus tips, saffron curry sauce

GRILLED TOFU • • • •

sautéed spinach, coconut sauce

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

nut free

dairy free

gluten free

ayurvedic

oleander

DINNER MENU

soups

PRAWN BISQUE •

tarragon cream, rustic style garlic bread

ASPARAGUS MISO SOUP ••••

miso paste, asparagus, spring onion

salads/appetisers

ORGANIC

GARDEN SALAD ••••

cherry tomato, radish, mushrooms, roasted beetroot, balsamic vinaigrette

COUSCOUS SALAD ••

sun-dried tomato, raisins, broccoli, mint

BEEF CARPACCIO •

teriyaki mushrooms, parmesan, coconut-wasabi froth

THAI FISH CAKE •

roasted garlic aioli, tarragon vinaigrette

MUSHROOM RISOTTO • • asparagus, parmesan cheese

main courses

BEEF RIB EYE • •

sweet potato mash, baby vegetables

GRAIN MUSTARD CRUST PORK FILLET • •

broccoli risotto, tomato confit, coconut-wasabi emulsion

MAHI-MAHI • •

carrot ginger purée, grilled polenta cake, pineapple tomato salsa

VEGETABLE LASAGNA • •

sautéed bok choy, tomato sauce

PAN SEARED TOFU • • •

cauliflower purée, sautéed vegetables

KITCHARI • • • •

rice, black lentils, yellow lentils, carrots, cumin seeds

GREEN PEA AND POTATO CURRY • • • •

green peas, potato, coconut, tomatoes, curry sauce

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

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ayurvedic

hibiscus

DINNER MENU

soups

PUMPKIN COCONUT SOUP ● ● ● ● pumpkin seeds, garlic bread

MUNG BEANS SOUP • • • • green lentils, seasonal vegetables

salads/appetisers

BROCCOLI SALAD • • •

asparagus, sweet potatoes, parmesan cheese, cilantro lime dressing

TUNA TARTARE • • •

cucumber, spring onion, garlic chips, wasabi mayo

TERRINE

country style pork terrine, nuts crumble, tomato chutney, cranberry reduction

TOMATO AND GOATS CHEESE TART • onion jam, rocket leaves

MUSHROOM RAVIOLI •

herbed ricotta, roasted red pepper coulis, ovendried tomatoes

main courses

BEEF STRIPLOIN ● ●

baked potato, mushrooms, cherry tomato, red wine jus

CRISPY PORK BELLY • • •

sautéed bok choy, apple purée

PAN SEARED FISH FILLETS • • •

carrot ginger purée, crispy sautéed okra, pineapple cilantro salsa

SWEET POTATO GNOCCHI •

asparagus, pesto, tomato sauce, parmesan shavings

MOUSSAKA •

tomato sauce, feta cheese crumble

CHICKPEAS IN COCONUT SAUCE • • • •

served with cumin rice

TOFU SPINACH CURRY • • • •

served with vegetable quinoa

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

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ayurvedic



soups

MUSHROOM CAPPUCCINO •••
scented truffle oil

CARROT & GINGER SOUP • • • • • rustic garlic bread

salads/appetisers

TUNA TATAKI ••

seaweed salad, soy ginger dressing

ROASTED TOMATO AND PEAR SALAD • • •

brie cheese, green leaf, balsamic glaze

SEAFOOD SALAD ••

seafood, organic lettuce, tomato, olive, lemon dressing

CONFIT BEETROOT • • •

roasted garlic, apple purée, goats cheese, cherry tomato, pumpkin seeds

SPINACH ARTICHOKE RAVIOLI •

basil pesto, parmesan shavings, artichoke velouté

main courses

ROASTED LAMB LEG ••

mascarpone mashed potato, grilled yellow squash, cranberry glaze

CHICKEN MALAI TIKKA •

sautéed vegetables, coconut curry sauce

COCONUT CRUSTED MAHI •

braised white cabbage, tomato cilantro salsa, cardamom foam

MEDITERRANEAN EGGPLANT ● ● ●

lemongrass, sweet corn broth, matcha tea foam

SWEET POTATO GNOCCHI • • •

mushroom, broccoli, cream, parmesan

OKRA WITH COCONUT MILK • • • • •

served with cumin rice

GRILLED TOFU • • • •

sautéed spinach, coconut sauce

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

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ayurvedic

frangipani

soups

TRUFFLE CAULIFLOWER • •

three cheese crostini

YELLOW LENTIL SOUP • • • • • coconut milk, seasonal vegetables

salads/appetisers

BROCCOLI SALAD • • • •

asparagus, sweet potatoes, cilantro lime dressing

SALMON SASHIMI ● ● ● green apple jus, wasabi mayo

BABY POTATO • • crispy prosciutto, cherry tomatoes, pickled onion, radish, spicy green salad

CAPRESE SALAD •••

basil marinated mozzarella, fresh tomatoes, aged balsamic reduction, olive oil

PRAWN RISOTTO ● ● pumpkin, lemon, parmesan

main courses

LAMB SHANK ••

braised lamb shank, sweet potato mash, baby spinach, red wine jus

BALLOTINE OF CHICKEN • •

butternut squash purée, leek fondue

PEPPER CRUSTED TUNA ••

beetroot purée, sautéed broccoli, cherry tomatoes, lemon butter sauce

MUSHROOM STRUDEL • •

sweet potato mash, baby spinach, brown butter sauce

TOFU • • • •

sweetcorn, broth, sautéed vegetables

FETTUCCINI PASTA •

mushroom sauce, green peas, basil, sundried tomatoes

EGGPLANT INVOLTINI •••

goat cheese, herbs, walnuts

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

nut free

dairy free

gluten free

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DINNER MENU

soups

COCONUT PRAWN SOUP •••

shittake mushrooms, spring onion

BARLEY SOUP • • • •

braised seasonal vegetables, tomato, homemade multigrain bread

salads/appetisers

GRAPEFRUIT, ARUGULA SALAD • • •

pecan nuts, grapes, grana padano, olive oil

PAPAYA SALAD • • •

sundried tomatoes, raisins, peanuts, soy-ginger dressing

WAGYU BEEF TARTAR • •

garlic toast, micro organic salad

ANTIPASTI PLATTER •

selection of cured meats and artisan cheeses, olives, grilled vegetables

SPAGHETTI CARBONARA •

bacon, egg, parmesan cheese

main courses

BEEF MIGNON • •

leak fondue, cherry tomatoes, thyme infused jus

CHICKEN LEG CONFIT • • •

mediterranean grilled vegetables, thyme infused jus

WEST INDIAN DORADO • • •

cauliflower purée, sautéed broccoli, chickpeas, cardamom foam

MUSHROOM RISOTTO • • •

wild mushrooms, fresh herbs, truffle oil, grana padano

ROASTED CAULIFLOWER • • • • •

chimichurri, carrot ginger purée, lemon caper dressing

KITCHARI • • • •

rice, black lentils, yellow lentils, carrots, cumin seed

GRILLED VEGETABLE SKEWERS • • • •

cumin rice, coconut sauce

sides

MASHED POTATO • • • •

WILD RICE • • • •

STEAMED RICE • • • •

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dairy free

gluten free

ayurvedic