



WELLBEING DINING

Fuel your Wellbeing Week with balanced nutrition from our 7-day Wellbeing Menu, carefully crafted to nourish both body and mind, each dish served with a healthful drink

DAY ONE

BREAKFAST Smashed avocado on whole wheat toast with boiled eggs to your liking

LUNCH A clear chicken and vegetable bone broth with noodles

DINNER Sweet and sour prawns with wholegrain and wild rice

Your choice of Fresh Young Coconut or Chakra Juice

DAY TWO

BREAKFAST Mango and coconut milk smoothie bowl

LUNCH Greek feta cheese salad

DINNER Baked fillet of seabass with pan-fried mushrooms, tomato and spinach

Your choice of Fresh Young Coconut or Chakra Juice

DAY THREE

BREAKFAST An omelette of carrot, onions, mushrooms and tomato served with salad

LUNCH Panang chicken curry served with wholegrain and wild rice

DINNER Stir-fried large noodles with bean curd, egg and vegetables

Your choice of Fresh Young Coconut or Chakra Juice

DAY FOUR

BREAKFAST Spinach and scrambled eggs on wholewheat toast

LUNCH A Waldorf salad of apple, raisins, celery, cashew nuts with a tossed salad

DINNER Herbed quinoa salad with grilled seabass

Your choice of Fresh Young Coconut or Chakra Juice

DAY FIVE

BREAKFAST Overnight Bircher muesli with grated apple, Greek yoghurt and raisins

LUNCH Spicy and sour Tom Yum Goong prawns with noodles in a lemongrass flavored soup

DINNER Vegetable and beancurd green curry with wholegrain and wild rice

Your choice of Fresh Young Coconut or Chakra Juice

DAY SIX

BREAKFAST Two mini filled croissants with green pea guacamole and melon

LUNCH Tomato bruschetta with feta cheese

DINNER Grilled chicken breast with oven-baked Mediterranean vegetables

Your choice of Fresh Young Coconut or Chakra Juice

DAY SEVEN

BREAKFAST Porridge with coconut milk, apple, raisin cashew nut, goji berry and cinnamon

LUNCH Fresh avocado and quinoa salad with grilled marinated anchovies and chicken

DINNER Stir-fried sesame prawns with broccoli, wholegrain and wild rice

Your choice of Fresh Young Coconut or Chakra Juice

Unlimited Herbal Tea and Filtered Water is available to accompany each meal

Should you need to satisfy your sweet tooth or power up further please choose from our selection of healthier desserts and snacks on our House Menu which will be charged to your suite