



## Dinner Wellness Specialties

When Gastronomy and Health Met

### **Raw Vegetable Soup Blend of the Day ♡** 16

Our chef is preparing a unique detoxifying organic raw vegetable soup with chia and flaxseed.

Cleanses the blood, improves circulatory flow, and boosts immunity. (110 – 130 cal)

### **Rejuvenating Winter Broccoli Salad ♡** 20

Beautiful and crispy salad of broccoli, cauliflower, carrot, red and Napa cabbage, and beetroot.

Ginger, honey, soya, and pomegranate dressing with sesame and flaxseed.

Calms the nervous system and balances hormones. (145 cal)

### **Cell-Rejuvenating Mixed Salad ♡** 22

Quinoa, broccoli, celery, beet, red cabbage, radish, spring onion, and arugula.

Blend of chia, flaxseed, and sunflower seeds. Drizzled with a cold-pressed olive oil and apple cider vinegar.

Supports liver detoxifying function and cleanses the blood. (139 cal)

### **Three Bean and Ahi Tuna Salad** 35

A unique blend of black, white, and kidney beans, edamame, chick peas and seaweed.

Topped with raw ahi tuna tataki, sprinkled with seeds and a honey soya zesty dressing.

Low fat fish and grains can help control blood sugar and lower LDL or "bad" cholesterol. (275 cal)

### **Southern Indian Lentil & Vegetable Curry ♡** 25

A delicious curry of red lentils, eggplant, peas, carrots, spinach, zucchini, and a unique blend of spices. Served with quinoa.

Lentils are low in calories, rich in iron and folates, and an excellent source of protein. (190 cal)

## **Grilled Spinach Chicken Breast** **28**

Marinated with lemon, turmeric, and oregano. Served with cauliflower, quinoa, & pomegranate tabbouleh.

Drizzled with an orange olive oil and seeds vinaigrette.

Quinoa is gluten-free, high in protein, and one of the few plant foods that contain all nine essential amino acids in addition to various beneficial antioxidants. (245 cal)

## **Dinner Wellness Juices**

### **The Greens** **14**

Parsley is another oft overlooked juicing ingredient when in fact it's loaded with antioxidants as well as vitamins A, C, and folic acid. Combine parsley with kale and apples for one of the best-tasting juice combinations around.

Parsley, green apple, kale, cucumber and lemon.

### **Cool Down** **14**

Kale has been hot news lately in the world of health and nutrition. And for a good reason!

Kale is packed with helpful nutrients, particularly beta-carotene, vitamin C, and vitamin K. It's also rich in calcium.

Kale, pineapple, cucumber and lemon.

### **Ambrosia** **14**

The orange brings in lots of vitamin C while mango provides plenty of antioxidants and pineapple adds beta carotene, B6, and folate into the mix. The addition of kale ups the nutritional output of this juice even more.

Mango, pineapple, orange, and kale.

### **Glowing** **14**

Combine celery with ginger and apple for even more health benefits. This one-of-a-kind juice combination for cleansing and detoxing is notable for helping the body get rid of excess toxins.

Celery, fresh ginger, green apple and cilantro.

A 10% Service Charge and a 12% Government Tax will be added to your check.