

WELLNESS MENU



20€ pp

(choice of 1 food and 1 drink per person)

SALADS

SEA FOOD CAESAR SALAD

Shrimps, mussels meat, crab sticks, smoked salmon, crisp romaine, parmesan shavings, and garlic croutons, tossed in a classic Caesar dressing. (Crustaceans, molluscs, Milk, Wheat, Mustard, Egg, Fish)

QUINOA SALAD

Salad of nutty quinoa, sundried tomatoes, halloumi, and sweet raisins, dressed in a honey-mustard vinaigrette. (Milk, Mustard, SO2)*

CHICKEN CAESAR SALAD

Grilled chicken breast, crisp romaine, smoky bacon, parmesan shavings, and garlic croutons, all tossed in our classic, creamy Caesar dressing. (Milk, Wheat, Mustard, Egg, Fish)

MAINS

VEGAN FALAFEL PLATE

Homemade falafel served with warm pita, roasted eggplant salad, and a vibrant pepper coulis. (Wheat)

GRILLED CHICKEN FILLET

A tender chicken fillet, grilled to seal in. Served with warm pita, fries, and our homemade, refreshing tzatziki. (L, G)

BEEF TACOS

Three crispy taco shells filled with chili con carne, fresh lettuce, tomato, red onion, and a dollop of guacamole. (Milk)

SALMON POKE BOWL

Rice, marinated salmon, wakame, spring onion, cucumber, red cabbage, honey, miso, soya, sesame seeds, flakes carrots, avocado, dressing.
(F,SOY,SES)

LINGUINE CON GAMBERI

Linguine with succulent prawns, cherry tomatoes, garlic, and a touch of olive oil, garnished with parsley. (Wheat, Milk, Crustaceans)

DRINKS



Still or Sparkling Water

Fresh Juices Orange

SMOOTHIES

Cold Fighter

Strawberry / Watermelon / Papaya

Triple Impact

Papaya / Pineapple / Mango

Fantasy

Strawberry / Banana

Royal Defence

Mango / Banana / Curly kale / Spinach / Lemon

Energy Elixir

Strawberry / Blackberry / Raspberry / Blueberry

MATCHA TEA

Boiled Water Honey Matcha

Matcha Latte (Hot or Cold)

Bio Milk Honey Matcha