



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