

# HEALTHY EATING FUSION MENU

## BREAKFAST / BRUNCH

Chia pudding – coconut / mango / red fruits

Bircher muesli – apple & ginger / choc & Maca / Blueberry & Acai

Bowl of fruit / cut raw vegetables salad – depending on the season

Hot option: Poached egg, spinach on bread (or GF bread) / Scrambled eggs and shitake mushrooms / or Chopped boiled eggs, mayo, capers and dill on black bread / or Asian omelette, chili, soy, rice, peas / or Avocado toast with poached egg / 'Anti-inflammatory' pancake oats, quinoa, chestnut flour, turmeric, spinach, mushrooms

Tea, Infusion, Coffee (decaf option)

## STARTERS / SMALL DISHES

Nut and mushroom pâté and toast

Three seaweed, samphire and cucumber salad with coconut and soy dressing

Avocado salad, wasabi pea puree, young shoots, smoked chipotle vinaigrette, lime, maple syrup

Vietnamese summer rolls, sweet chili sauce, chopped vegetable salad

Fennel, grapefruit, endive, walnut salad (grapefruit sorbet)

Hot and cold goat cheese salad

Hot soup - Butternut squash, dates / Burnt onion / Jerusalem artichoke and sage / Green vegetables

Cold seasonal soup – Vichyssoise / Lovage / Watercress / Tomato / Gazpacho / Lemon and white beans

Beetroot salad, trout gravlax, salad, wasabi/horseradish ice cream

## BOL BUDDHA / SALADES BIEN ETRE

Bol Buddha Poisson / maquereaux (tiède) poêlé, chou Kale, yaourt à la menthe, fèves, pois, bébé laitue poilée riz brun

Bol Buddha Microbiome / Bol de saumon ou tempeh, riz, chou kale, onions, cou rouge, kimchi

Bol Buddha Piquant / Salade de poulet rôti (ou tofu fune) , légumes et salad de saison crus, Quinoa noir, sauce piquant

Bol Buddha Chaud / Curry chou-fleur, cigare cerneaux et shiitake, vinaigrette yaourt, chou rouge, fenouil, oignon rouge, carotte, salade de chou, lentilles

Bol Mèze / Falafel, tzatziki, humous betterave, olives, courgetti, menthe, salade/verdure

Buddha bowl Pan-fried fish/mackerel (warm), kale, mint yogurt, beans, peas, baby lettuce, brown rice

Buddha Microbiome Bowl / Bowl of salmon or tempeh, rice, kale, onions, red neck, kimchi

Spicy Buddha Bowl / Roast chicken salad (or fune tofu), raw seasonal vegetables and salad, black quinoa, spicy sauce

Hot Buddha Bowl / Cauliflower curry, cigar kernels and shiitake, yogurt vinaigrette, red cabbage, fennel, red onion, carrot, coleslaw, lentils

Mèze bowl / Falafel, tzatziki, beetroot humous, olives, zucchini, mint, salad/greens

## MAIN DISHES

Smoked tofu/tempeh, teriyaki sauce, noodles with coconut sauce, sesame snow peas, broccoli sprouts, bok choy

Turkey escalope stuffed with olives and herbs, stuffed zucchini, butternut squash and sweet potato purée, pumpkin seeds, green leaves

Butternut squash curry, sweet potato, carrots, coconut, ginger, dahl

Chili, tortillas, black rice, corn salsa, crème fraîche, kimchi, avocado

Wild mushroom and sprouted pea shoot risotto

Pan-fried salmon / Pan-fried cauliflower and cashews, dhal, spinach or green vegetables (broccoli, asparagus, kale)

## DESSERTS

ALL DESSERTS CAN BE VEGETARIAN, VEGAN, DAIRY-FREE, GLUTEN-FREE AND REFINED SUGAR-FREE UPON REQUEST

Dark chocolate mousse

Lavender honey sorbet, granola, burnt stone fruits

Matcha sponge cake, dark chocolate sauce

Coconut jelly, mint, ginger, lychee

Lemon tart, fresh raspberries, freeze-dried raspberry powder