



# AKASHA

## SPA AND FITNESS

### AKASHA SPA MENU

In keeping with the spa's healthy living philosophy, the Akasha menu changes seasonally to provide the freshest ingredients. From a nutritional perspective, our spa cuisine utilizes the natural elements, nutrients, and minerals in food to assist the body so that it can function at an optimal level of vitality.

The dishes indicated with the Akasha logo 🌸 are recommended by our Health Expert and Personal Trainer Dogan Yilidz to maintain a balanced and healthy lifestyle.

#### STARTERS

**Silken Tofu Curry £12 (v) 🌸**

Spiced Almonds, Blood Orange,  
Baby Leaves

**Barbecued Shrimp £12**

Chilli, Mango and Coriander Salsa

**Rye Bread Bruschetta £12 🌸**

Smashed Avocado, White Anchovies

**Heirloom Tomato Salad £19**

with Buffalo Mozzarella, Basil

**Marinated Tuna Tartar £14**

Nori, Fried Onions, Ginger

**Roasted Heritage Beetroots £9 (v)**

Blood Orange and Candied Walnuts

#### MAIN COURSE

**Wild Rice Pilaf £19 🌸**

Japanese Aubergine, Datterino Tomatoes,  
Puffed Grains, Coriander Raita

**Steamed Cornish Cod £22**

Moroccan Spiced Chickpeas,  
Fennel and Kohlrabi Salad

**Lemon Poached Chicken Buddha Bowl £24 🌸**

Miniature Summer Rolls, Roast Sweet Potato,  
Heritage Beetroot, Chickpeas, Avocado,  
Edamame, Puffed Rice, Toasted Almonds

**Sesame Roasted Aubergine £22 (v)**

Confit Onions, Tender-stem Broccoli

**Pan Fried Turbot £32**

Baby Tomato and Saffron Broth, Clams, Sapphire

**Scottish Smoked Salmon £22**

Capers, Horseradish, Cream Cheese,  
Salmon Caviar and Dill, Brown Bread

#### DESSERT

**Chilled Mango Soup £14 🌸**

Coconut Chantilly

**Fennel crème brûlée £12 🌸**

Kiwi Granita, Fennel Confit

**Mint and Grapefruit Sorbet £12 🌸**

Toasted Rice Pudding

Seasonal Fruit Plate £14

Selection of Ice Creams £8

Hotel Café Royal makes every effort to comply with dietary requirements of all our guests.

If you have a food allergy or special requirement please inform a member of the team prior to placing your orders. Please note some of our drinks may contain allergens.

All spirits are served in measures of 50ml and upon request in measures of 25ml. All wines are served in measures of 175ml and upon request in measures of 125ml.

All vintages were correct at the time of printing, but are subject to change. A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT charged at the current rate



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### BEVERAGES

#### JUICES

Cold-pressed juices £6.50

##### Easy Green

**Kale, spinach, celery, romaine, cucumber, apple and lemon**

Benefits: Skin health, immunity and anti-inflammatory properties. Contains both vitamins and minerals important for bone health and is packed full of alkaline forming ingredients, which help the body function more optimally.

##### Berry Boost

**Apple, strawberry, lemon, mint**

Benefits: Rich in antioxidant, immunity, anti-inflammatory, aids digestion. High in vitamin C to support the immune system, the liver and optimise skin health. Lemon and mint are both thought to optimise digestive health through promoting digestive secretions and acting as an anti-spasmodic respectively.

##### Fiery Apple

**Apple, lemon, ginger**

Benefits: Aids digestion, provides energy, immunity, alkalizing. Ginger is great for supporting the circulatory system and contains high levels of natural phytonutrients that have antioxidant-like effects.

##### Clean Beet

**Apple, beetroot, lemon, ginger**

Benefits: Provides energy, anti-inflammatory, antioxidant. Beetroot contains betaine to help optimise liver detoxification and removal of toxins from the body, as well as nitrates, a natural blood vessel dilator which benefits endurance based exercise.

##### Clean Carrot

**Carrot, Orange, Apple, Ginger**

This sweet and smooth juice is a perfect boost to breakfast. A source of both Vitamin A & C to help boost skin health and support immunity. Rich in beta-carotene from carrots, this is the precursor to vitamin A, an essential nutrient needed for the production of healthy skin cell's.

##### Sweet Citrus

**Orange, Lemon, Tangerine, Grapefruit, Turmeric, Cayenne and Black Pepper**

High in vitamin C and E, this is great for people who love the classic OJ but want even more nutrition. Add a boost of antioxidants with the added benefit of Turmeric.

##### Water+ Blue Spirulina

**Water, Lemon Juice, Agave Syrup, Fytoblue Powder (Blue Spirulina)**

Our Water+ Blue Spirulina is the coolest juice on the block. Spirulina is a special type of blue-green algae and has been named the 'food of the future' as it's a good source of protein, B vitamins and iron

##### Water+ Probiotics

**Water, Lemon Juice, Agave Syrup, Strawberry Juice, Dragon Fruit Juice, Probiotics**

With the usual stress which comes with everyday life and low fibre diets, our healthy gut bacteria can become compromised. Our Pink Probiotic Water+ contains a special strain of good bacteria, 'Bacillus Coagulans', which can have a positive role on gut health.

#### TEAS

All teas and infusions £6

##### Black Tea

Lychee and Rose, Noir Mango Noir

##### Flavoured Black Tea

Lychee and Rose Noir, Mango Noir

##### Green Tea

Jasmine Pearls, Jade Tips

##### White Tea

Silver Needle

##### Infusions

Lavender, Organic chamomile, Triple Mint  
Red berry and hibiscus, Lemongrass and ginger  
Ginger and turmeric, Olive leaf

#### CHAMPAGNE

Glass (125ml) / Bottle (750ml)  
**Veuve Clicquot, Brut, N.V. £16 / £85**

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