



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 (v) 🌸

Smashed Avocado, White Anchovies

Heirloom Tomato Salad £19 (v)

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 (v) 🌸

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

Confit Onions, Tender-stem Broccoli(v)

Pan Fried Turbot £32

Baby Tomato and Saffron Broth, Clams, Samphire

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.

TEAS

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

All teas and infusions £6

CHAMPAGNE

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

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