



AKASHA

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SPA AND FITNESS

HOLISTIC WELLBEING

## **The Akasha Four Elements Menu**

Created in collaboration with Hotel Café Royal's Chef de Cuisine and our nutritional therapist, the four elements menu has been designed as a gastronomic experience while being perfectly balanced and nutritious.

In keeping with Akasha's holistic approach to wellbeing, the menu has drawn inspiration from ingredients that represent the four basic elements of nature; earth, water, fire and air.



### **Breakfast**

- Seasonal Fruit Platter £14
- Home Made Granola with Greek Yoghurt £10
- Organic Bircher muesli or porridge £10
  - With berries £12
- Burrata and avocado toast £16
  - With smoked salmon £22

### **Fresh Juices £7**

Freshly squeezed orange, carrot, grapefruit or apple

### **ABC Juice £9**

Apple, beetroot, carrot

Hotel Café Royal makes effort to comply with dietary requirements of our guests. If you have a food allergy or special requirement please inform a member of the team prior to placing your order. A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT at the current rate.

### **Starters**

Creamed Cauliflower Soup, brioche crouton and chervil £10

Seared yellowfin tuna with Braeburn apple, endive £14

Heritage tomato and mozzarella salad with avocado £12

### **Mains**

Akasha salad £18

Quinoa, kale, almonds, avocado, broccoli and pomegranate

Caesar salad £18

*With tiger prawns £27*

*With chicken breast £22*

Warm Confit Duck Salad £18

Frisse, French beans, Crispy Duck Fat, Duck egg

### **Desserts**

Mango Sorbet £8

Seasonal fruit platter £12

## **Beverages**

Water

Kingsdown £6

Delightfully still or gently sparkling

Evian £6

San Pellegrino £6

Champagne

Glass (125ml) / Bottle (750ml)

Veuve Clicquot, Brut, N.V. £16 / £85

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## **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.

### **Coffee**

Single Espresso/Macchiato £4  
Double Espresso/Macchiato £4.5  
Cappuccino £6  
Latte £6  
Americano £6

### **All Teas & Infusions £6**

English breakfast  
Earl Grey

### **Green Tea**

Jasmine Pearls  
Jade Tips

### **Infusions**

Chamomile  
Triple Mint  
Red berry and hibiscus

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## **Akasha Holistic Wellbeing Centre**

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