
AKASHA HOLISTIC WELLBEING CENTRE

AT HOTEL CAFÉ ROYAL
50 REGENT STREET
LONDON W1B 5AS
TELEPHONE +44 (0)20 7406 3360
AKASHA@HOTELCAFEROYAL.COM
HOTELCAFEROYAL.COM

THE AKASHA FOUR ELEMENTS MENU

Created in collaboration with Hotel Café Royal's Chef de Cuisine, Armand Sablon, 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.

THE AKASHA FOUR ELEMENTS MENU

Breakfast

- Bircher muesli £6
- Exotic fruit plate £12 **(gf/df)**
- Greek yoghurt, granola and pumpkin seeds £8
- Porridge and bananas £10 **(df)**
- Poached eggs and avocado on rye bread £18 **(df)**
With smoked salmon £22

Fresh juices £7

Freshly squeezed orange, pineapple, carrot, grapefruit or apple

Green juice £8

Apple, cucumber, kale and spinach

(gf) – Gluten free

(df) – Dairy free

BEVERAGES

Water

- Hildon £5
Delightfully still or gently sparkling
- Evian £6
- San Pellegrino £6

Champagne

- Glass (125ml) / Bottle (750ml)
- Veuve Clicquot, Brut £15 / £70

BEVERAGES

Cold-pressed juices £6.50

Greenhouse 1

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.

Orchard 1

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.

BEVERAGES

Cold-pressed juices £6.50

Orchard 2

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.

Garden 2

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.

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Starters

- Ginger and spiced carrot soup £10 (gf)
- Roast vegetables and turmeric hummus £12 (df)
- Basmati salad with tuna, avocado and mustard dressing £12
- Heritage tomato and mozzarella salad with avocado £14 (gf)

Mains

- Beef, rocket and watercress salad with horseradish dressing £22 (gf/df)
- Akasha salad with quinoa, kale, almonds, avocado, broccoli and pomegranate £18 (gf/df)
- Shiitake broth with poached salmon and pak choi £24 (df)
- Kale salad with pears, dates, chicken, toasted walnuts and citrus dressing £22 (gf/df)
- Café Royal chopped salad with avocado, eggs, greens and artichoke
With tiger prawns £26 With chicken breast £22
(gf/df)

Desserts

- Lime parfait with coconut cream £8 (gf/df)
- Mango yoghurt & ginger lassi £8 (gf/df)
- Melon & mint granita £8 (gf/df)
- Chocolate & banana mousse, chocolate fudge brownie £8 (gf/df)

(gf) – Gluten free

(df) – Dairy free

BEVERAGES

Black Tea

- Lychee and Rose Noir
- Coconut Noir
- Mango Noir

Flavoured Black Tea

- Lychee and Rose Noir
- Coconut Noir
- Mango Noir

Green Tea

- Jasmine Pearls
- Jade Tips

White Tea

- Silver Needle

Infusions

- Lavender
- Organic chamomile
- Triple Mint
- Red berry and hibiscus
- Fennel pollen and dill
- Lemongrass and ginger
- Ginger and turmeric
- Olive leaf

All teas and infusions £6