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**AKASHA HOLISTIC WELLBEING CENTRE**

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**THE AKASHA FOUR ELEMENTS MENU**

Created in collaboration with Akasha's Nutritional Therapist, Zoë Stirling and Hotel Café Royal's Chef de Cuisine, Armand Sablon, 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 the four basic elements of nature; earth, water, fire and air. Guests can choose from a full menu dedicated to a particular element, as well as a fifth menu of signature Akasha dishes, incorporating all four elements.

Please note some of our dishes may contain allergens. For further information, please ask your waiter. VAT is included at the current rate. A discretionary 12.5% service charge will be added to your bill.

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## 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

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## BEVERAGES

### Water

Hildon £5

*Delightfully still or gently sparkling*

Evian £6

San Pellegrino £6

### Tea £6

#### Black Tea

Hotel Café Royal 1865 blend English Breakfast

Darjeeling First Flush

Earl Grey

### Champagne

Glass (125ml) / Bottle (750ml)

Laurent-Perrier, Brut, N.V. £15 / £70

Laurent-Perrier, Rosé, N.V. £25 / £120

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## 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

Packed full of alkaline forming ingredients, which help  
the body function more optimally

#### Orchard 1

Apple, strawberry, lemon, mint

Benefits: Antioxidant rich, 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

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## 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

Ginger also contains high levels of natural phytonutrients  
that have antioxidant-like effects

#### Garden 2

Apple, beetroot, lemon, ginger

Benefits: Provides energy, anti-inflammatory, antioxidant

Beetroot also contains betaine to help optimise liver detoxification  
and removal of toxins from the body

Beetroot contains nitrates, a natural blood vessel dilator with research  
into its benefits in sport especially endurance based exercise

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### Starter

- ginger and spiced carrot soup £10 (gf)  
Roast vegetables and turmeric hummus £12 (df)  
Tuna poke bowl £12 (df)  
Heritage tomato and mozzarella salad with avocado £14 (gf)

### Main

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

### Dessert

- 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

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## 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

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