



SPA CAFE

Wellness Menu



A la Carte



Paleo Beef Masala Curry | 320

Cauliflower rice, greens, turmeric
papaya, coconut yogurt raita

CAL	CAR	PRO	FAT
689	26	29	52

Prices are subject to 21% service charge & government tax.

Sashimi Tuna Salad | 200

CAL	CAR	PRO	FAT
359	19	27	19

Quinoa tabbouleh, lacto-fermented cucumbers,
avocado buttermilk dressing, flaxseed crackers



A la Carte



Chunky Avocado Toast | 180

Poached free-range eggs, pumpkin seed miso dressing, seaweed & shaved asparagus salad, togarashi, ketogenic bread

CAL	CAR	PRO	FAT
1,238	48	35	98

Prices are subject to 21% service charge & government tax.

Green Goddess Salad | 180

CAL	CAR	PRO	FAT
320	21	16	20

Chopped kale, asparagus, quinoa, moringa, spiced super seeds, herbed cashew cream, poached free-range egg

Add 100g free-range chicken breast | 45



A la Carte



Kimchee Scrambled Eggs | 180

House kimchee, sprouts, tamari & sesame dressing, ketogenic bread

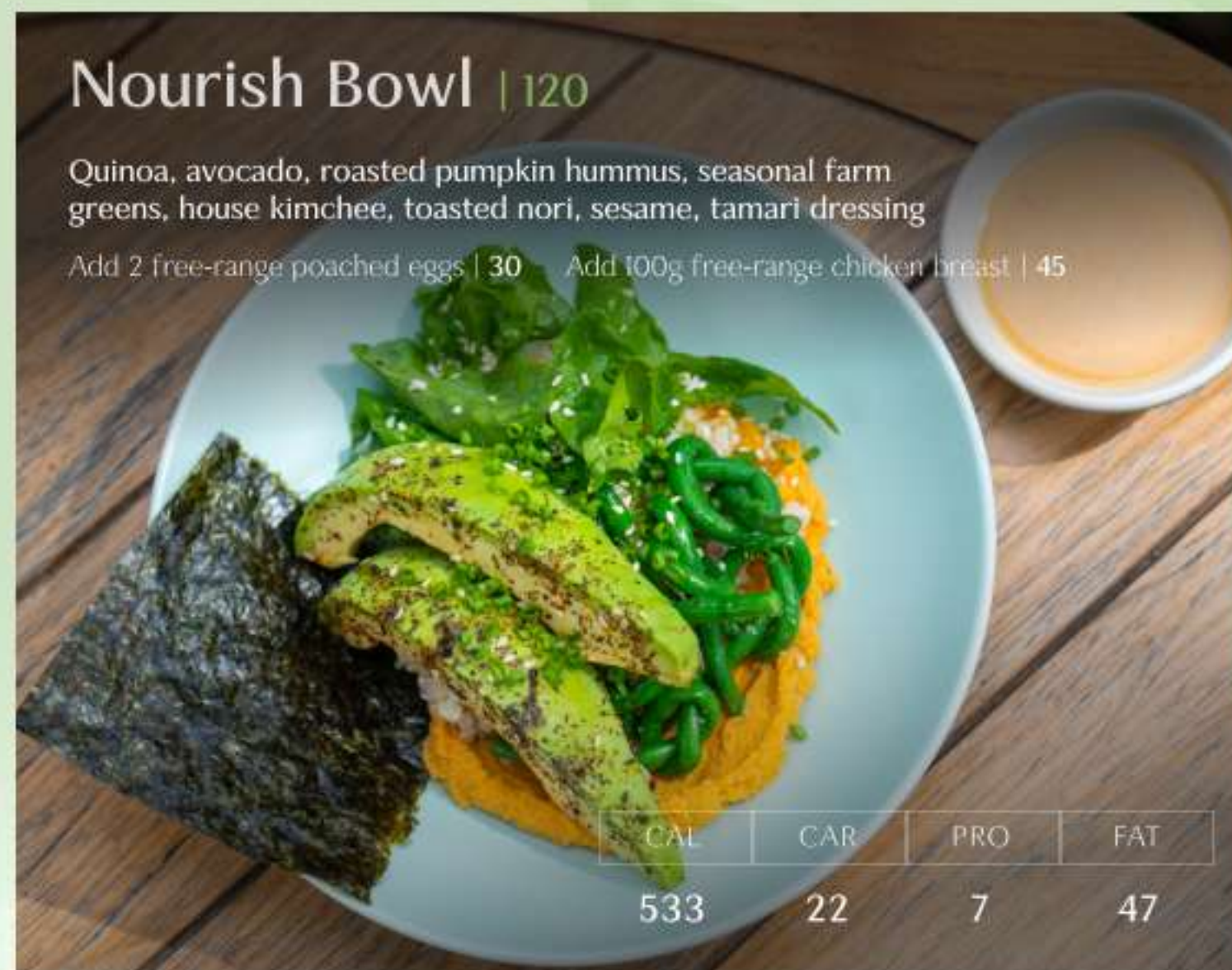
CAL	CAR	PRO	FAT
1,047	39	34	85

Prices are subject to 21% service charge & government tax.

Nourish Bowl | 120

Quinoa, avocado, roasted pumpkin hummus, seasonal farm greens, house kimchee, toasted nori, sesame, tamari dressing

Add 2 free-range poached eggs | 30 Add 100g free-range chicken breast | 45



CAL	CAR	PRO	FAT
533	22	7	47

Plant Powered Quinoa & Chickpea Burger | 180

Sunflower seed tahini, beetroot sauerkraut, watercress, salsa roja



CAL	CAR	PRO	FAT
757	74	23	45

Salads



Spiced Roasted Cauliflower | 100/100gr

Puy lentils, roasted red pepper, spinach, soft herbs, almonds, toasted seeds, lemon & spiced yogurt dressing

CAL	CAR	PRO	FAT
205	13	8	15

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Ancient Barley | 100/100gr

Heirloom tomato, asparagus, sumac onions, dukkha, pomegranate vinaigrette

CAL	CAR	PRO	FAT
197	16	5	14



Green Superfood Salad | 100/100gr

Grilled broccoli, kale, charred zucchini, quinoa, sesame, house tahini dressing

CAL	CAR	PRO	FAT
95	8	4	6

Wraps



Chickpea Falafel | 180

Tabouleh, pickled red cabbage, sunflower seed tahini, harissa, on a gluten-free cassava wrap

CAL	CAR	PRO	FAT
577	88	18	20

Poached Free-Range Chicken Wrap | 180

Avocado, herbed cauliflower rice, cashew aioli, salsa roja, on a gluten-free cassava wrap

CAL	CAR	PRO	FAT
743	54	42	42

Snacks



Chia Parfait | 100

with mango, coconut yogurt,
activated almond & goji berry granola

CAL	CAR	PRO	FAT
226	27	7	14

Prices are subject to 21% service charge & government tax.



Seasonal Fruits With Greek Yogurt | 100

CAL	CAR	PRO	FAT
142	53	4	3



AYANA
SPA

Snacks

Pre/Post Workout



Spirulina, Cashew, Date & Cocoa Nib Power Balls | 50

CAL	CAR	PRO	FAT
854	48	26	52

Dark Chocolate, Almond & Coconut Protein Cup | 100

CAL	CAR	PRO	FAT
421	17	13	31

Homemade Nutella & Chia Seed Protein Bar | 100

CAL	CAR	PRO	FAT
905	50	24	66

Prices are subject to 21% service charge & government tax.



Acai Smoothie Bowl

Blueberries, strawberries, banana, kiwi, house-made pecan butter, coconut flakes, grated 100% dark chocolate, quinoa super seed granola



Spirulina Bowl

Avocado, banana, kiwi, mango, kale, spinach, ginger, coconut, quinoa super seed granola

Add Protein | 20

28g vanilla plant-based protein

28g chocolate plant-based protein



Mango Moringa Lassi

Banana, coconut yogurt, young coconut, passion fruit, moringa, kiwi, goji berries, quinoa super seed granola

Beverages



Fresh Juices | 90

Green

Apple, kale, spinach, celery,
ginger, mint, lemon

Flushes out toxins and replenishes the body

Purple

Beetroot, pomegranate, grapes,
apple, parsley, ginger

*Full of antioxidants, beta-carotene and liver
cleansing goodness*

Orange

Orange, soursop, strawberries,
watermelon

High in vitamin C and antioxidants

Beverages



Super Smoothies | 90

Raw Power

Raw cacao, banana, maca, almond butter, dates, cinnamon, coconut milk

Add 28g chocolate plant-based protein | 20

Add espresso shot | 20

Super Green Spirulina

Avocado, kale, spinach, mango, banana, spirulina, MCT oil, Greek yogurt

Add 28gr vanilla plant-based protein | 20

Super Acai

Organic Brazilian acai, berries, chia, house-made peanut butter, banana, coconut water, goji berry

Add 28g chocolate plant-based protein | 20

Beverages



Prices are subject to 21% service charge & government tax.

Wellness Shots | 55

Immunity Shot

Pressed orange juice, fresh ginger, lemon, cayenne pepper, turmeric, honey

Abundant in immune-boosting and anti-inflammatory nutrients

Detox Cleanser

Turmeric, ginger, maple, apple cider vinegar, black pepper

A nourishing, gut cleansing, and anti-inflammatory elixir to support digestion, detox, and healthy blood pressure

Well-being Shot

Apple, moringa, ginger, lemon

Detoxifies the liver and fights bacteria

Sweets



Paleo Banana Bread
With Homemade Pecan Butter
& Coconut Nectar | 200

CAL	CAR	PRO	FAT
711	45	8	59



**Baked Tofu & Blueberry
Cheesecake** | 100

CAL	CAR	PRO	FAT
533	73	12	26



**Raw Vegan Dark
Chocolate Cake** | 100

CAL	CAR	PRO	FAT
444	31	9	32

Beverages

Coffee

Hot Coffee

Bulletproof House Blend with MCT	75
Espresso	75
Double Espresso	75
Americano	75
Long Black	75
Latte	80
Cappuccino	75
Mocha	75
Flat White	65
Piccolo	75
Macchiato	75

Cold Coffee

Iced Americano	75
Iced Latte	85
Iced Cappuccino	75
Iced Mocha	75
Cinnamon House Blend Cold Brew	75

Non-Coffee

Hot Matcha Latte	75
Iced Matcha Latte	75
Hot Golden Turmeric Latte	75
Iced Golden Turmeric Latte	75
Hot Cocoa	75
Iced Cocoa	75
Iced Chocolate	60
Hot Chocolate	75
Iced Tea	80

Specials | 90

Ceremonial Hot Chocolate

Balinese single-origin cacao, reishi mushroom, almond milk, cinnamon

Helps alleviate symptoms of depression and anxiety, and aids in better sleep and healing.

Tea

Zen Tea Infusions | 80

Rosella & Rosehip Tea

Anti-inflammatory and lowers blood pressure

Echinacea and Dandelion Tea

Anti-bacterial, anti-viral, treats cold and flu

Ginger and Cardamom Tea with lemon and Flores honey

Anti-inflammatory, helps digestion, and alleviates respiratory issues

Hot Tea | 75

Chamomile, Earl Grey, English Breakfast,

Peppermint, Jasmine, Oriental Green Tea

Vanilla, almond and hazelnut flavored syrups are available.