



AYANA
SPA

SPA CAFE

Wellness Menu



A la Carte

Spiced Roasted Cauliflower | 110 / 100 g

Lentils, roasted red peppers, spinach, soft herbs, almonds, toasted seeds, lemon, and spiced yogurt dressing

CAL	CAR	PRO	FAT
205	13	8	15



Tuna Sashimi Salad | 220

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

CAL	CAR	PRO	FAT
359	19	27	19



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

A la Carte



Roasted Butternut With No-Cheese Pesto | 190

Basil pesto, pine nuts, avocado oil, soft herbs, arugula

CAL	CAR	PRO	FAT
280	18	4	3

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

A la Carte



Grilled Chicken On Pomegranate, | 240 Orange, And Cilantro Salad

Served with bright lemon vinaigrette and avocado cream

CAL	CAR	PRO	FAT
310	14	32	3

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

A la Carte



Roasted Turmeric Cauliflower Steaks With Chickpeas | 165

Avocado purée, cashew butter, warm spices, crispy chickpeas

CAL	CAR	PRO	FAT
310	18	11	3

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

A la Carte



Grilled Atlantic Salmon On A Cauliflower Pancake | 300

Basil oil, wilted spinach, poached egg, edamame, and salmon caviar

CAL	CAR	PRO	FAT
420	5	35	4

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

A la Carte



Nourish Bowl | 150

Quinoa, avocado, roasted pumpkin hummus, seasonal farm greens, house pickles, pomegranate, almond dukkah

Add 2 free-range poached eggs | 30

Add 100 g free-range chicken breast | 45

CAL	CAR	PRO	FAT
533	22	7	47

Chunky Avocado Toast | 200

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

CAL	CAR	PRO	FAT
1,238	48	35	98



A la Carte

Baked Chickpea Falafel | 210

Tabbouleh, pickled red cabbage, sunflower seed tahini, harissa

CAL	CAR	PRO	FAT
577	88	18	20



Poached Free-Range Chicken Wrap | 210

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

CAL	CAR	PRO	FAT
743	54	42	42

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

A la Carte



Seasonal Fruits With Greek Yogurt | 115

CAL	CAR	PRO	FAT
142	53	4	3

Chia Parfait | 115

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

CAL	CAR	PRO	FAT
226	27	7	14



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

Sweets



Spirulina Power Balls | 75

CAL	CAR	PRO	FAT
140	8.6	4.2	10.7

Apricot Coconut Bar | 100

CAL	CAR	PRO	FAT
150	11	8	3



Homemade Nutella & Chia Seed Protein Bar | 125

CAL	CAR	PRO	FAT
905	50	24	10



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Snacks



Açaí Smoothie Bowl | 195

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



Spirulina Bowl | 195

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

Add Protein | 50

28 g vanilla plant-based protein *or*
28 g chocolate plant-based protein

Mango Moringa Lassi | 195

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



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Sweets



Paleo Banana Bread | 115

With Homemade Pecan Butter & Coconut Nectar

CAL	CAR	PRO	FAT
711	45	8	59



Raw Vegan Dark Chocolate Cake | 125

CAL	CAR	PRO	FAT
444	31	9	32

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

Beverages



Fresh Juices | 100

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 | 100

Raw Power

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

Add 28g chocolate plant-based protein | 50

Add espresso shot | 80

Super Green Spirulina

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

Add 28 g vanilla plant-based protein | 50

Super Açaí

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

Add 28g chocolate plant-based protein | 50

Beverages



Wellness Shots | 65

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

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Beverages

Coffee

Bulletproof house blend, MCT oil | 95

Blend double espresso, butter, coconut oil and coconut water

Cinnamon House-blend cold brew | 90

Non-Coffee | 80

Hot Matcha Latte

Iced Golden Turmeric Latte

Iced Matcha Latte

Hot Cocoa

Hot Golden Turmeric Latte

Iced Cocoa

Specials | 95

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

Echinacea and Dandelion Tea

Rosella & Rosehip Tea

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

Anti-inflammatory and lowers blood pressure

**Ginger and Cardamom Tea
with lemon and Flores honey**

Anti-inflammatory, helps digestion, and alleviates respiratory issues