

## Gemstone water - Vitajuwel

Our 'gemstone water' is vitalized by a gem-filled 'vial'. Each type of crystal or gem has special properties that works on your mind, body and virtues.

Wellness Price per carafe 11.00 euros  
rose quartz - amethyst - clear quartz  
Improve perception, intuition, and empathy

Balance Price per carafe 11.00 euros  
sodalite - chalcedon - clear quartz  
Balance, wisdom, inner peace, and harmony

Love Price per carafe 11.00 euros  
rose quartz - granet - clear quartz  
Bring love in your consciousness

## Waters

Nordic Life - Mineral Water	Per bottle 0.5l - 4.50 euros
Nordic Life - Sparkling	Per bottle 0.5l - 4.50 euros
Evian - Mineral Water	Per bottle 1.0l - 5.70 euros
Badoit - Lightly Sparkling	Per bottle 1.0l - 5.90 euros
Acqua Panna - Mineral	Per bottle 0.75l - 5.90 euros
San Pellegrino - Sparkling	Per bottle 0.75l - 5.90 euros
Perrier - Sparkling	Per bottle 0.75l - 5.90 euros
VOSS - from Norway	Per bottle 0.80l - 9.90 euros
VOSS - Sparkling - from Norway	Per bottle 0.80l - 9.90 euros

## BATU Kombucha

Ginger & Lemon	5.80 euros
Lime & Mint	5.80 euros
Passion fruit & Hop	5.80 euros

## Herbal tea

Decaffeinated herbal teas are tremendously beneficial and therapeutic. They are often used in the prevention of various health problems. Our selection works energetically and soothingly.

Energetic tea *organic farming* 4.50 euros  
Flavor: fruity, goji berries, guarana and rosehip

Zen Garden *organic farming* 4.50 euros  
Flavor: aroma of blood orange and vanilla, blend of verbena, lemongrass and chamomile

Mint tea *with fresh mint leaves* 4.50 euros

## Tea Forte

Green tea 4.00 euros  
Green/mango/peach - green/jasmine - sencha

Herbal tea 4.00 euros  
Chamomile/lemon - lemon/mint - african solstice: sweet berries and rosehip ginger/lime grass

Black tea decaf breakfast - earl grey 4.00 euros

White tea sweet pear and ginger 4.00 euros

## Soft drinks

Spa Reine Mineral	2.60 euros
Spa Reine Sparkling	2.60 euros
Coca-Cola	2.90 euros
Coca-Cola Zero	2.90 euros
Schweppes Indian Tonic	2.90 euros
ChariTea Red - 330ml	6.20 euros
ChariTea Green - 330ml	6.20 euros
Vithit Lean & Green (Apple - Eldenflower) - 500ml	6.50 euros
Vithit Immunita (Dragonfruit - Yuzu) - 500ml	6.50 euros
Vithit Boost (Berry) - 500ml	6.50 euros
Apple juice Organic 'den Boogerd'	3.50 euros
Apple - Pear Organic 'den Boogerd'	3.50 euros
Apple - Red fruits Organic 'den Boogerd'	3.90 euros
Apple - Raspberry Organic 'den Boogerd'	4.00 euros
LemonAID+ Blood Orange - 330ml	6.20 euros
LemonAID+ Passion Fruit & Mango - 330ml	6.20 euros
Tönisteiner Orange	3.10 euros
Tönisteiner Lemon	3.10 euros
Tönisteiner Naranja	3.30 euros
Tönisteiner Multifruits	3.50 euros
Freshly squeezed orange juice	5.50 euros

## Beers

Kompel Pils 4%	3.00 euros
Kompel 'Above Ground Blonde' 6%	5.20 euros
Kompel 'Underground Dark' 6%	5.20 euros
Kompel Prion des Fleurs 8%	6.30 euros
Kompel Kriek 3,5%	5.00 euros

## Natural tea

**Green tea**  
Lung Ching 4.70 euros  
Flavor: mild with sweet aftertaste

Huangshan Yun Wu 4.70 euros  
Flavor: full bodied, sweet and fresh, with nutty and fruity notes

**White tea**  
White Silver Needle 4.70 euros  
Flavor: sweet with low caffeine rich

Pai mu tan bio *organic farming* 4.70 euros  
Flavor: mild, mellow, sweet and floral

**Black tea**  
Jin Jun Mei 4.50 euros  
Flavor: full, refined and honey sweet

Golden yunnan 4.50 euros  
Flavor: soft, fruity and woody

**Pu Erh**  
Pu Erh Special 4.60 euros  
Flavor: earthy with light sweet aroma

Pash Pu Erh *consists only of leaves and tops* 4.60 euros  
Flavor: earthy and full bodied

# ELAISA

## ENERGETIC WELLNESS

Duvel 8,5%	5.50 euros
Hoegaarden 4,9%	3.50 euros
Hoegaarden Radler 2%	3.80 euros
Jupiler 0%	3.70 euros

## White Wines

Fraktique white per glass: 6.00 euros  
Flavor: mix of fruity and earthy, mineral aromas per bottle: 22.00 euros

Laureato – Vetrère per glass: 7.50 euros  
Flavor: Full harmonious wine - ripe peach & melon per bottle: 35.00 euros  
accentuated with balsamico

Fedele Bianco *bio & vegan friendly* per bottle: 22.00 euros  
Flavor: Fresh fruity - mineral - citrus - mango

Aldeneycck – Pinot Gris "Barrique" per bottle: 41.00 euros  
Flavor: Full harmonious wine - ripe yellow fruits  
toasted minerals

Aldeneycck – Pinot Blanc per bottle: 39.00 euros  
Flavor: Fresh fruity aroma - apple & citrus  
smoky minerals - white pepper

Aldeneycck – Pinot Gris per bottle: 39.00 euros  
Flavor: Ripe fruit - rich aroma with ragged acidity  
smoky minerals - spices

Les Vignes d'à Côte – Viognier per bottle: 48.00 euros  
Flavor: Dry, soft wine - spring flowers  
aromas of peach, pear & apricot

Saint-Veran 'A la Côte' Château Vitallis per bottle: 41.00 euros  
Flavor: Delicious full-bodied Chardonnay  
citrus - blossoms - buttery

## Red Wines

Fraktique red per glass: 6.00 euros  
Flavor: red fruit - black pepper - long fragrant aftertaste per bottle: 22.00 euros

Campo Marina Luccarelli per glass: 7.50 euros  
Flavor: Velvety wine - ripe forest fruit per bottle: 32.00 euros  
mocha - cinnamon - soft tannins

Fedele Rosso *bio & vegan friendly* per bottle: 22.00 euros  
Flavor: Juicy elegant structure  
red & blue berries - black pepper

Aldeneycck – Pinot Noir "Barrique" per bottle: 65.00 euros  
Flavor: Lots of structure - elegant power  
berries & cherries - violet - subtle wood tone

Château Haut Blanville per bottle: 41.00 euros  
Flavor: Aromas of cassis, vanilla & buttery

## Rosé Wines

Fraktique gris rosé per glass: 6.50 euros  
Flavor: exotic fruits and red berries per bottle: 25.00 euros

Fedele Rosé *bio & vegan friendly* per glass: 6.50 euros  
Flavor: Very characterful rosé per bottle: 25.00 euros  
fresh red berries - herbs - violet

## Bubbles

Prosecco Le Couchon per glass: 8.50 euros  
Brut or Rosé per bottle: 39.00 euros

Champagne Claude Baron per glass: 11.00 euros  
Cuvée Saphir' Brut per bottle: 62.00 euros

Champagne Moët & Chandon per bottle: 85.00 euros  
Brut Impérial

Le Couchon rose 37.5cl per bottle: 26.50 euros

## Aperitifs

Aperol 9.00 euros

Martini Bellini 8.00 euros

Virgin Mojito 9.50 euros

Gin Tonic 14.50 euros  
Tanqueray Rangpur gin - Pink Pepper tonic

Gin Tonic 14.50 euros  
Puerto de Indias gin - Indian tonic

## Smoothies

Hawaiian 7.00 euros

mango - banana - apple

Berry Bomb 7.00 euros

blueberry - apple - banana - mango

Lovely Green 7.00 euros

avocado - spinach - green apple  
banana - passion fruit

## Appetizers

Warm Oriental snacks with chili sauce 9.00 euros

Portion of olives 4.50 euros

Portion of cheese 5.00 euros

**Hot drinks** *All coffee drinks are available in decaf*

Espresso 3.50 euros

Coffee / Decaf 3.50 euros

Cappuccino 3.80 euros

Cappuccino with whipped cream 5.00 euros

White coffee 3.80 euros

Latte Macchiato 3.80 euros

Hot chocolate milk 3.50 euros

Supplement whipped cream 1.00 euros

# TEA MENU



**Oolong tea**  
Milky Oolong 4.70 euros  
Flavor: slightly orchid-like undertone  
with a milky and silky texture

Big Red Rooibos 4.70 euros  
Flavor: golden orange colored tea with  
a pleasant long lasting aftertaste

## Floral tea

Every tea flower is 100% natural and artisanal. They contain beneficial properties, which vary from flower to flower. A tea ball is formed manually by combining a dried flower with tea leaves. A few minutes after boiling water is poured over the "tea ball", it will open into a beautiful flower.

Summer Dream Tea Flower 5.90 euros  
Lily, jasmine and Yinzhen green tea

Spring Melody Tea Flower 5.90 euros  
Thousand days flower, jasmine,  
marigold and Yinzhen green tea

Phoenix Eye Tea Flower 5.90 euros  
Jasmine, thousand days flower  
and Yinzhen green tea

Lily Basket Tea Flower 5.90 euros  
Lily, jasmine and Yinzhen green tea

Jasmin Fairy Tea Flower 5.90 euros  
Yellow chamomile, jasmine and  
thousand days flower

Blossom Diamond Tea Flower 5.90 euros  
Lily and jasmine

## Characteristics

Jasmin: Has a calming effect, strengthens the immune system, improves digestion and prevents tooth decay.

Lily: Works preventively with cardiovascular diseases, nourishes the skin and has a calming effect.

Thousand days flower: Beneficial for coughs and asthma, is wholesome for the eyes and liver.

Yinzhen green tea: All the beneficial properties of fresh green tea.

Yellow chamomile: Helps with colds, sore throats, mouth infections, upset stomach and it has a calming effect.

Marigold: Purifies the blood, helps with abdominal and liver problems.

### Elaisa Poké Bowl

Fragrant poke bowl with basmati rice, cucumber, spring onion, radish, pineapple, edamame, and wakame.

Poké bowl with grilled tuna fillet 22.50 euros

Poké bowl with marinated tempeh 19.50 euros

### Gyoza Dumplings

Japanese steamed dumplings with coriander, spring onion, red pepper, and a soy dip 13.50 euros

### Soups

Soup of the day 6.50 euros

### Salads

Salad with baked goat's cheese, nuts, raisins, and a honey mustard dressing 24.40 euros

Caesar salad with slow cooked chicken, croutons, Parmesan cheese, and a boiled egg 18.00 euros

### Main Courses

Whole-grain pasta with spicy tomato sauce, olives, and chicken 21.50 euros

Oriental stir-fry with scampi, minced veal, coriander, and cashew nuts 23.80 euros

Grain-fed steak (200gr.) with seasonal vegetables and chimichurri 23.50 euros

Marinated farm chicken fillet with a spicy tomato-vegetable salsa 19.50 euros

Norwegian salmon fillet with seasonal vegetables, and homemade tartare 19.50 euros

# ELAISA

ENERGETIC WELLNESS

### Healthy diet

Delicious & easily digestible dishes prepared by our chefs with great passion and, with cracking fresh ingredients, on a daily basis.

### Organic

Our herbs and edible flowers are sourced by an organic certified herbalist: Puur Aroma. Packed with vitamins, minerals, phytonutrients, these organic herbs and flowers are real immune-boosting superfoods.

### Dressings

In our kitchen, we only use tasteful dressings that are specifically tailored to the taste tones of each dish.

### Seasonal

At Elaisa, we work with seasonal ingredients, as such, the menu will change each season. This allows the body to follow its natural rhythm.

# DINNER

### Vegetarian dishes

Coconut curry soup with finely chopped vegetables and basil oil 9.50 euros

Salad with baked goat's cheese, nuts, raisins, and a honey mustard dressing 20.10 euros

Whole-grain pasta with spicy tomato sauce and olives 16.50 euros

Oriental stir-fry with stir-fried vegetables, coriander and cashews nuts 16.50 euros

### Side dishes

only with main courses and/or salads

French fries, sweet potato fries, croquettes, or pasta 4.00 euros

Supplement of hot vegetables 4.00 euros

Mayo - Ketchup - Mustard 1.00 euros

### Appetizers

Warm Oriental snacks with chili sauce 9.00 euros

Portion of olives 4.50 euros

Portion of cheese 5.00 euros

### Desserts

Dame blanche 11.30 euros

Vanilla ice cream with strawberries 13.00 euros

Moelleux with vanilla ice cream and a chocolate crunch 10.50 euros

Lemon curd cheesecake with vanilla ice cream 8.00 euros

Extra scoop of ice cream 1.50 euros

Supplement of whipped cream 1.00 euros



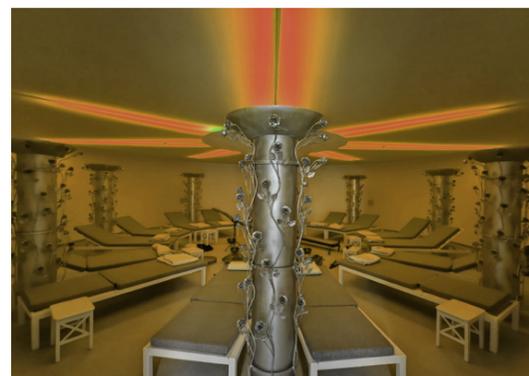
### MEDITATION SESSION: 40 min / €9.00

Discover the relaxing effects of meditation session. Meditation means being present in the here and now. It brings relaxation and rejuvenation to body and mind.



### CLAY SESSION: 30 min / €15.00

Sitting on a thousands of years old petrified tree trunk in our clay sauna. Here you will receive in a group a ceremonial detoxifying treatment with Rhassoul clay.



### SOUND CEREMONY: 50 min / €20.00

Immerse yourself in a deeply relaxing atmosphere of live sounds and colors in the beautiful sound ceremony room of Elaisa Energetic Wellness.



### TEMAZCAL: 90 min / €25.00

In this Mexican sweat lodge, your body will be ceremonially cleansed. The ceremony is accompanied by live music. To finish, take a refreshing dip into our natural lake.



### HALOTHERAPY: 50 min / €20.00

Halotherapy is the therapeutic use of salt, which has a beneficial effect on the respiratory system. Boost your immune system with regular visits.