

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

Soups

Soup of the day	6.50 euros
-----------------	------------

The healthy little appetite

Organic low-fat yogurt with granola and fruit coulis	6.95 euros
Organic low-fat yogurt with lemon curd	6.75 euros
Organic low-fat yogurt with granola	6.75 euros

Pancakes from 15.00 until 17.00

American Pancake with maple syrup, whipped cream and powdered sugar	8.70 euros
American Pancake with blueberries, whipped cream and powdered sugar	10.50 euros

Salads

Salad with baked goat's cheese, bacon, 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

Lunch dishes

Spelt bread with avocado, smoked salmon, chives, and radish	15.50 euros
Waldkorn bread croque monsieur	12.50 euros
Shrimp croquettes with lemon, and cocktail sauce	19.50 euros

All these dishes come with a small salad as a side dish

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.

LUNCH

from 10 am - 5 pm

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
Spelt bread with lime, coriander, hummus, and avocado	11.50 euros
Beetroot burger in a sesame bun, with arugula, and truffle mayonnaise	15.50 euros
Whole-grain pasta with spicy tomato sauce and olives	16.50 euros
Oriental stir-fry with stir-fried vegetables, coriander, and cashew nuts	16.50 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

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

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 and vanilla ice cream	8.00 euros
Extra scoop of ice cream	1.50 euros
Supplement of whipped cream	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

For allergens or intolerance ask for our allergens list



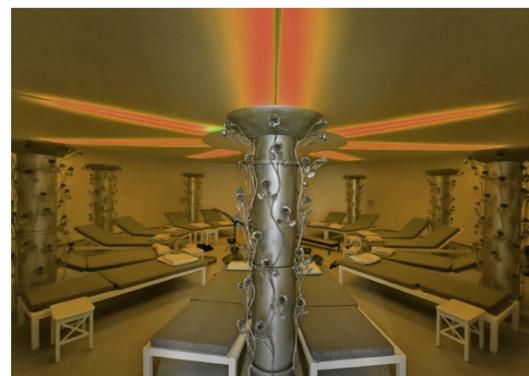
MEDITATION SESSION: 40 min / €9.00

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.