

RESTAURANT



Healthy food

Our chefs create delicious and easily digestible dishes with great passion every day, using the freshest ingredients.

Organic

Our herbs and edible flowers come from an organically certified Herbalist: Puur Aroma. These organic herbs and flowers are full of vitamins, minerals and phyto-nutrients and are a real immune booster.

Dressings

The kitchen uses only the very best cold-pressed olive oil dressings from PuurOlijf to complete the salads.

Seasonal

Because we work with seasonal ingredients at Elaisa, the menu will change every season. In this way the body follows the natural rhythm.

The kitchen is open until 21h00.



Gemstone water - VitaJuwel

Masaru Emoto discovered the information-carrying properties of water. Something that our Egyptian ancestors apparently already knew. They frequently used gemstone therapy by adding gemstones to water and wine.

The use of precious stones for quality enhancement and supportive properties can also be traced back to a later period. In the Middle Ages, Hildegard von Bingen described their special power. Precious stones in all times are valued not only for their unique appearance, but also for their fine character.

Every type of crystal or gemstone has particular properties that affect your body, mind, and emotions. Our 'gemstone water' is vitalised by a glass canister filled with gemstones, which is also called a 'vial'.

All VitaJuwel vials are hand-made by an expert, according to a patented method and of high-quality Bohemian glass. This glass is free from any harmful substances and they are carefully filled with selected fair-trade gemstones. Experience and taste the power of gemstone water vitalised with VitaJuwel!

-  Wellness
-  Balance
-  Love

Wellness

Rose quartz - Amethyst - Rock crystal

Price per carafe, 1 liter € 11,00

This exciting and vitalising combination has been known for hundreds of years and helps to improve our perception, intuition and empathy. At the same time, it enhances our well-being.

Amethyst and rose quartz represent harmony and balance, rock crystal is known as a stone that offers clarity and perception, and it intensifies the effect of other gemstones. Experience "Wellness" for the mind with every sip of this balanced and tested combination!

Balance

Sodalite - Chalcedony - Rock crystal

Price per carafe, 1 liter € 11,00

For ages, sodalite has been known to provide balance, wisdom and inner peace. It also strengthens the harmonious relationships between people, which is why it is also sometimes called the "poet" stone.

What could be more beneficial in these times of constant unrest, rush and turmoil? Every sip of gemstone water with this combination can help to face these times with mental balance, tranquility, and inner strength.

Love

Rose quartz - Garnet - Rock crystal

Price per carafe, 1 liter € 11,00

Love is the highest energy in the universe and the most wonderful sensation that can engulf us. Experience this energy and feeling with this combination. Rose quartz is the gemstone that represents harmony and sensitivity. The fiery garnet stands for passion and sensuality.

Unite these two, and you get unique emotional love dynamics.



Water menu

per bottle

Acqua Panna	0.50 l - € 4,70
San Pellegrino - Sparkling	0.50 l - € 4,70

Earth Water mineral water	0.75 l - € 5.90
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Earth Water sparkling	0.75 l - € 5.90
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100% of the net profit realised by Earth Water is donated to fund water projects.

BRU – Mineral Water	1 l - € 6.50
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BRU – Light sparkling water	1 l - € 6.50
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BATU Kombucha

made from fermented green or black tea

Ginger & Lemon	€ 5,80
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Lime & Mint	€ 5,80
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Passion Fruit & Hop	€ 5,80
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Soft Drinks

Spa Reine Still	€ 2.60
Spa Sparkling	€ 2.60
Coca-Cola	€ 2.90
Coca-Cola Zero	€ 2.90
Schweppes Indian Tonic	€ 2.90
Apple juice Org. 'den Boogerd'	€ 3.50
Apple - Pear Org. 'den Boogerd'	€ 3.50
Apple - Red fruits Org. 'den Boogerd'	€ 3.90
Apple - Raspberry Org. 'den Boogerd'	€ 4.00
LemonAID+ Blood Orange - 330ml	€ 6.20
LemonAID+ Passion Fruit & Mango - 330ml	€ 6.20
Tönisteiner Orange	€ 3.10
Tönisteiner Lemon	€ 3.10
Tönisteiner 'Mixed fruits'	€ 3.50
Fresh Grapefruit Juice	€ 5.50
Fresh Orange Juice	€ 5.50



Summer Drinks

ChariTea Red <i>Rooibos tea with Passion fruit - 330ml</i>	€ 6.20
ChariTea Green <i>Green Tea with Gember - 330ml</i>	€ 6.20
PomTon <i>Grapefruit juice with Tonic</i>	€ 8.40
SinaasTonic <i>Orange juice with Tonic</i>	€ 8.40

Beers

Kompel Pils 4%	€ 3.60
Kompel Bovengronds Blond 6%	€ 5.20
Kompel Ondergronds Dark 6%	€ 5.20
Kompel Prion des Fleurs 8%	€ 6.30
Kompel l'Or Noir 8,2% (Best Trippel – World Beer Awards 2021)	€ 6.20
Kompel Kriek 3,5%	€ 5.00
Duvel 8,5%	€ 5.50
Hoegaarden 4,9%	€ 3.50
Hoegaarden Radler 2%	€ 3.80
Jupiler 0%	€ 3.70

Hot Drinks



Espresso	€ 3.50
Coffee	€ 3.50
Decaf Coffee	€ 3.50
Cappuccino	€ 3.80
Cappuccino with whipped cream	€ 5.00
Flat white	€ 3.80
Latte Macchiato	€ 3.80
Hot chocolate	€ 3.50
Supplement whipped cream	€ 1.00

* All coffees are available in decaffeinated form.

Tea Card

Herbal tea

Non-caffeinated herbal teas are enormously beneficial and therapeutic. They are often used to prevent various health problems. Our selection has an energizing and calming effect.

Energetic tea organic € 4.50
Flavours: fruity, fresh, mix of goji berries, guarana, rosehip, mint and liquorice

Zen Garden organic € 4.50
Flavours: aroma of blood orange and vanilla, blend of verbena, lemongrass and chamomile

Fresh mint tea € 4.50

Fresh ginger tea € 4.50

Natural tea

Green Tea

Lung Ching € 4.70
Flavours: mild with sweet aftertaste

Huangshan Yun Wu € 4.70
Flavours: full, sweet and fresh with nutty and fruity notes

White Tea

White Silver Needle € 4.70
Flavours: sweet with low caffeine content

Pai mu tan bio € 4.70
Flavours: mild, sweet and floral

Black Tea

Jin Jun Mei € 4.50
Flavours: full, refined and honey sweet

Golden yunnan € 4.50
Flavours: fresh, soft, fruity with a light scent of cedar wood

Pu Erh

Pu Erh Special € 4.60
Flavours: earthy with a slight sweetness

Pash Pu Erh € 4.60
Flavours: earthy and full

Oolong Tea

Milky Oolong € 4.70
Flavours: light orchid-like undertones with a milky and silky texture

Big Red Roobe € 4.70
Flavours: golden/orange coloured tea with a pleasant long lasting aftertaste

Floral tea

Each tea flower is handmade and 100% natural. They contain many beneficial properties, varying from flower to flower. The dried flower is bundled manually with the tea leaves into a tea ball. Once boiling water is poured over the "tea ball", it will open after a few minutes to a beautiful flower.



Summer Dream Tea Flower

€ 5.90

Lily, jasmine and Yinzhen green tea

Spring Melody Tea Flower

€ 5.90

Thousand days flower, jasmine, marigold and Yinzhen green tea

Phoenix Eye Tea Flower

€ 5.90

Jasmine, thousand days flower and Yinzhen green tea

Lily Basket Tea Flower

€ 5.90

Lily, jasmine and Yinzhen green tea

Jasmin Fairy Tea Flower

€ 5.90

Yellow chamomile, jasmine and thousand days flower

Blossom Diamond Tea Flower

€ 5.90

Lily and jasmine

Bubbels

Prosecco Le Couchon Brut or Rosé	per glass	€ 8.50
	per bottle	€ 39.00
Champagne Claude Baron 'Cuvée Saphir' Brut	per glass	€ 11.00
	per bottle	€ 62.00
Champagne Moët & Chandon Brut Impérial	per bottle	€ 85.00

Aperitifs

Aperol		€ 9.70
Martini Bellini		€ 8.00
Gin Tonic		€ 14.50
<i>Tanqueray Rangpur gin - Indian tonic</i>		
Gin tonic		€ 14.50
<i>Malfy Rosa - Pink Pepper tonic</i>		
Virgin Mojito 0%		€ 9.50
Gin Tonic 0%		€ 11.50
<i>Nona June - Ginger ale</i>		

Wine Menu

White wines

Fraktique white <i>Flavours: fruity and earthy flavours of minerality</i>	per glass per bottle	€ 6.00 € 22.00
Laureato - Vetrère <i>Flavours: full harmonious wine - ripe peach & melon - accentuated by balsamic</i>	per glass per bottle	€ 7.50 € 38.00
Fedele Bianco bio & vegan friendly <i>Flavours: fresh and fruity - mineral - citrus - mango</i>	per bottle	€ 22.00
Aldeneyck - Pinot Gris "Barrique" <i>Flavours: full harmonious wine - ripe yellow fruits - toasted - minerals</i>	per bottle	€ 44.50
Aldeneyck - Pinot Blanc <i>Flavours: fresh fruity taste - apple & citrus - smoky minerals - white pepper</i>	per bottle	€ 43.00
Aldeneyck - Pinot Gris <i>Flavours: ripe fruit - rich taste with fine acids - smoky minerals - spices</i>	per bottle	€ 44.50
Saint - Veran 'A la Côte' Château Vitallis <i>Flavours: delicious full Chardonnay - candied peach and pear - blossoms - hazelnut - buttery touch</i>	per bottle	€ 46.50

Red wines

Fraktique rouge	per glass	€ 6.00
<i>Flavours: red fruits - black pepper - long aromatic aftertaste</i>	per bottle	€ 22.00
Campo Marina Luccarelli	per glass	€ 7.50
<i>Flavours: velvety wine - ripe forest fruits - mocha - cinnamon - soft tannins</i>	per bottle	€ 34.90
Fedele Rosso bio & vegan friendly	per bottle	€ 22.00
<i>Flavours: elegant and juicy structure - red and blue berries - black pepper</i>		
Aldeneyck - Pinot Noir "Barrique"	per bottle	€ 65.00
<i>Flavours: a lot of structure - very elegant power - berries and cherries - violets - subtle woody tone</i>		

Rosé wines

Fraktique gris rosé	per glass	€ 6.50
<i>Taste: exotic fruit and red berries</i>	per bottle	€ 27.00
Fedele Rosé bio & vegan friendly	per glass	€ 6.90
<i>Flavours: very distinctive rosé - fresh red berries - herbs - violets</i>	per bottle	€ 27.00

Smoothies

Lovely Green	€ 7.00
<i>Spinach - avocado – mango - green apple - banana</i>	
Berry Bomb	€ 7.00
<i>Blueberry - banana – apple - mango</i>	
Hawaiian	€ 7.00
<i>Mango - banana - apple</i>	

Bites

Olives	€ 4.50
Cheese	€ 5.00
Hot Oriental bites with chili sauce	€ 9.00



For allergens or intolerances, please ask for our allergen chart.
In case you need an adjustment in a dish due to an intolerance or allergy, please let us know.

The little health food

(till 5 p.m.)

Low fat organic yoghurt with granola and fruit coulis	€ 6.95
Low fat organic yogurt with acai and granola	€ 7.00
Low fat organic yogurt with granola	€ 6.75
Fresh fruit salad with mint	€ 9.50

Waffles

(from 3 to 5 p.m.)

Brussels waffle with fresh strawberries, icing sugar and whipped cream	€ 6.00
Brussels waffle with icing sugar and whipped cream	€ 9.00

Lunch Menu

(from 11 a.m. to 5 p.m.)

Spelt bread with avocado and smoked salmon, chives and radish	€ 16.50
Croque monsieur with Waldkorn bread	€ 12.50
Shrimps croquettes with lemon and cocktail sauce	€ 19.50
Beefburger with a sesame bun crispy bacon and cheddar cheese with chipotle barbecue sauce	€ 16.50
Red beet burger with a sesame bun, rocket and truffle mayonnaise	€ 15.50
Spelt bread with lime/coriander humus and avocado	€ 11.50
Cheese croquettes with mustard dill cream	€ 14.50
Iberico tenderloin with seasonal vegetables and mushroom cream sauce	€ 21.50
Filet of marinated farmhouse chicken with a spicy tomato-vegetable salsa	€ 19.50
Grilled salmon fillet with white asparagus, Hollandaise sauce and tarragon	€ 26.50

Healthy Elaisa Rice Bowl

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

Rice bowl with grilled tuna fillet	€ 22.50
Rice bowl with marinated tempeh	€ 19.50



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Soups

Soup of the day	€ 6.50
Asparagus soup with egg and parsley	€ 8.50
Asparagus soup with hay ham, egg and parsley	€ 9.50

Salads

Salad with honey baked goat's cheese, bacon, nuts, sultanas and a honey mustard dressing	€ 24.40
Salad with honey baked goat cheese, nuts, sultanas and honey-mustard dressing	€ 20.10
Caesar salad with slow cooked chicken, croutons, parmesan cheese and a boiled egg	€ 18.00

(from 5 p.m.)

Black angus carpaccio with balsamic vinegar, truffle cream and Parmesan cheese	€ 17,50
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Healthy Elaisa Chakra Salad

(from 5 p.m.)

Full-spectrum herb salad, organically grown by herbalist PUUR AROMA, nourishing for each Chakra. The salad is finished off with edible flowers and green pistachios. This salad stimulates the following three chakras :

Heart Chakra: parsley and pea shoots

Crown Chakra: ginger

Base Chakra: fennel, blood orange and yellow beetroot

€ 18.50

Rendang

(from 5 p.m.)

Rendang of stewed vegetables with steamed rice and serundeng (Indonesian vegetable curry with roasted coconut lemongrass and peanuts) and a mildly spicy mango chutney

€ 19.50



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Main courses

(from 5 p.m.)

Asparagus in the Flemish style with egg, parsley and clarified butter	€ 23,50
Grilled salmon fillet with white asparagus, Hollandaise sauce and tarragon	€ 26,50
Dorade Royal from the grill, with green and white asparagus and tomato chutney	€ 21,50
Ravioli of Limburg asparagus with parsley, bechamel and parmesan cheese	€ 19,50
Iberico tenderloin with seasonal vegetables and mushroom cream sauce	€ 21,50
Filet of marinated farmhouse chicken with a spicy tomato-vegetable salsa	€ 19,50
Supplement : portion of white asparagus	€ 16,50

Side dishes

Only served with main courses and/or salads




Chips, croquettes or pasta	€ 3.95
Supplement warm vegetables	€ 4.00
Mayonnaise - Ketchup – Mustard	€ 1.00







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Vegetarian & Vegan dishes

(from 11 a.m. to 9 p.m.)

Asparagus soup with egg and parsley 	€ 8.50
Salad with honey-baked goat's cheese, apple, walnut and honey mustard dressing 	€ 20.10
Fragrant Rice Bowl of basmati rice with cucumber, spring onion, radish, pineapple, edamame and wakame with marinated tempeh 	€ 19.50

(from 11 a.m. to 5 p.m.)

Beetroot burger with a sesame bun, rocket and truffle mayonnaise 	€ 15.50
Beetroot burger with a sesame bun and rocket salad 	€ 15.50
Spelt bread with lime/coriander humus and avocado 	€ 11.50
Cheese croquettes with mustard dill cream 	€ 14.50


(from 5 p.m.)


Full-spectrum herb salad, organically grown by herbalist PUUR AROMA, nourishing for each Chakra. The salad is finished off with edible flowers and green pistachios. This salad stimulates the following three chakras :

Heart Chakra: parsley and pea shoots

Crown Chakra: ginger

Base Chakra: fennel, blood orange and yellow beetroot  € 18.50

Rendang of stewed vegetables with steamed rice and serundeng  € 19.50
(Indonesian vegetable curry with roasted coconut lemongrass and peanuts)

Ravioli of Limburg asparagus with parsley, bechamel and parmesan cheese  € 19,50

Stir-fried white and green asparagus with tempeh  € 18.50

Asparagus in the Flemish style with egg, parsley and clarified butter  € 23,50



Desserts

Fresh fruit salad with mint	€ 9.50
Dame Blanche	€ 9.00
Moelleux with vanilla ice cream and a chocolate crisp	€ 10.50
Barlet with lemon curd and lightly caramelised meringue	€ 11.50
Extra scoop of ice cream	€ 1.50
Supplement whipped cream	€ 1.00



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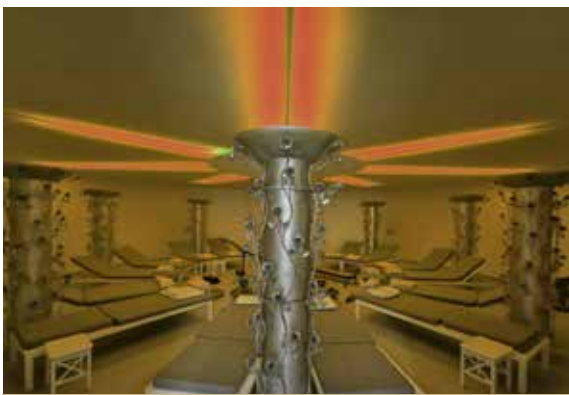
MEDITATION SESSION: 40 min / €9.00

Discover the relaxing effect 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 / €17.00

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 / €22.00

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 / €29.00

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.



CRYSTAL SHOP - open from 16:30 to 19:30

Take a piece of Elaisa home with you! The shop is entirely focused on gemstones, crystals, jewellery, decorative items, essential oils and 100% natural cosmetics.



DELUXE CHOCOLATE BODY SCRUB: 30 min / €18,00

We start with an orange and grapefruit scrub. Then you will receive a luxurious wrap of organic cocoa and honey that will make your skin glow. Cocoa mainly contains iron, calcium and vitamins A, B1, C, D and E which ensure that your skin is intensely nourished and hydrated, making it shine. The enzyme-rich honey has a purifying effect. The combination of the sugars and minerals in the honey with the vitamins and minerals in the cocoa have a very soothing and nourishing effect on the skin.

A true treat for your senses and your skin!



HATHOR RITUAL: 25 min / €15,00

You probably know singing bowls, but when do you get the chance to stand in a vibrating singing bowl?

And this in the Laconium, with its fantastic acoustics, made for experiencing sound intensely.

That experience alone is worthwhile, but there is more. During the session we will use singing and one of the oldest instruments from Ancient Egypt: Sistrums. These ancient vibrations bring you back to your essence and allow you to let go of what you no longer need. Finally, we go to the steam bath where you get a delicious Aloe Vera wrap that intensely nourishes your skin.

The Hathor ritual balances your mind and body and takes you back to Ancient Egypt.



YOGA: 60 min / €18,00

The underlying thought is that Yoga traditionally has always intended you provide you with a better and happier life. A philosophy or lifestyle that brings you tranquillity, rest, peace and happiness.

Yoga is synonymous with wellbeing at different levels: physically, mentally and emotionally.



FIRE WALK CEREMONY: 180 min / €75,00

The ceremony takes place on the evening before a full moon or new moon.

The firewalk is an unforgettable experience where you get the opportunity to overcome your fears. To go further than where you think you can go.

In many cultures worldwide people walk on a fire path. This as an initiation, for physical and psychological healing or for the good of the community.