

RESTAURANT

# *Menu*



### **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 from 11:00 until 21:00*

# *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

11 | 13,00

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

11 | 13,00

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

11 | 13,00

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

per bottle

Acqua Panna - Mineral Water	0,50 l - 5,50
San Pellegrino - Sparkling Water	0,50 l - 5,50
BRU - Mineral Water	1 l - 9,00
BRU - Light sparkling water	1 l - 9,00

## BATU Kombucha

made from fermented green and black tea

Ginger & Lemon	6,00
Lime & Mint	6,00
Passion Fruit & Hop	6,00

# Soft Drinks

Spa Reine Still	3,20
Spa Sparkling	3,20
Coca-Cola	3,20
Coca-Cola Zero	3,20
Schweppes Indian Tonic	3,20
Apple juice Org. 'den Boogerd'	3,90
Apple - Pear Org. 'den Boogerd'	3,90
Apple - Raspberry Org. 'den Boogerd'	4,00
LemonAID+ Blood Orange - 330ml	6,50
LemonAID+ Passion Fruit & Mango - 330ml	6,50
Tönissteiner Orange	3,60
Tönissteiner Lemon	3,60
Tönissteiner 'Mixed fruits'	3,60
Fresh Grapefruit Juice	5,50
Fresh Orange Juice	5,50



## Elaisa Specials

ChariTea Red <i>Redbush tea with Passion fruit - 330ml</i>	6,50
ChariTea Green <i>Green Tea with Ginger - 330ml</i>	6,50
PomTon <i>Fresh grapefruit juice with Tonic</i>	8,50
SinaasTonic <i>Fresh orange juice with Tonic</i>	8,50

*Brewery Kompel was founded in 2015 in Maasmechelen as a tribute to miners who came from far away and, thanks to their hard work and mined coal, brought wealth to all Belgians.*

*In the mine, there is no distinction. Different cultures unite underground and take care of each other so that they reach the surface safely. The name Kompel is the miners' call sign and means as much as 'companion' or 'friend'. No one is excluded, everyone participates. The mining mentality is also the concept of Kompel Brewery.*



## Beers

Kompel Pils 4%	4,20
Kompel Bovengronds Blond 6%	5,70
Kompel Ondergronds Donker 6%	5,70
Kompel Prion des Fleurs 8%	6,30
Kompel l'Or Noir 8,2% (Best Trippel – World Beer Awards 2021)	6,30
Kompel Kriek 3,5%	5,00
Duvel 8,5%	6,00
Hoegaarden 4,9%	4,20
Hoegaarden Radler 2%	4,40
Jupiler 0%	4,20

# *Hot Drinks*



Espresso	3,70
Coffee	3,70
Decaf Coffee	3,70
Cappuccino	4,20
Cappuccino with whipped cream	4,90
Flat white	4,40
Latte Macchiato	4,20
Hot chocolate	3,90
Supplement whipped cream	1,50

\* All coffees are available in decaffeinated form.

# Tea Card

## Fresh Tea

Mint tea	4,70
Ginger tea	4,70

## Herbal Tea

Zen Garden organic	4,90
Flavours: aroma of blood orange / vanilla / blend of verbena / lemongrass / chamomile	

## Green Tea

Lung Ching	4,90
Flavours: mild / sweet aftertaste	

Huangshan Yun Wu	4,90
Flavours: full / sweet / fresh / nutty / fruity notes	

## White Tea

White Silver Needle	4,90
Flavours: sweet / low caffeine content	

Pai Mu Tan bio	4,90
Flavours: mild / sweet / floral	

## Black Tea

Golden Yunnan	4,90
Flavours: fresh / soft / fruity / light scent of cedar wood	

## Pu Erh

Pu Erh Special	4,90
Flavours: earthy / slight sweetness	

Pash Pu Erh	4,90
Flavours: earthy / full	

## Oolong Tea

Milky Oolong	4,90
Flavours: light orchid-like undertones / milky / silky texture	

Big Red Roobe	4,90
Flavours: golden/orange coloured tea / pleasant long lasting aftertaste	



## Floral Tea

Each teaflower 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 Teaflower <i>Lily   jasmine   Yinzhen green tea</i>	6,50
Spring Melody Teaflower <i>Thousand days flower   jasmine   marigold   Yinzhen green tea</i>	6,50
Phoenix Eye Teaflower <i>Thousand days flower   jasmine   Yinzhen green tea</i>	6,50
Lily Basket Teaflower <i>Lily   jasmine   Yinzhen green tea</i>	6,50
Jasmin Fairy Teaflower <i>Yellow chamomile   jasmine   thousand days flower</i>	6,50
Blossom Diamond Teaflower <i>Lily   jasmine</i>	6,50

## Bubbels

Prosecco Le Couchon Brut	per glass	8,50
	per bottle	39,00
Prosecco Le Couchon Rosé	per glass	9,00
	per bottle	44,00
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 <i>Kompel Charbonnage / Indian tonic</i>	14,50
Gin Tonic <i>Kompel Garden-City / Pink Pepper tonic</i>	14,50
Virgin Mojito 0%	9,50
Classic Bacardi Mojito <i>Bacardi Carta Blanca   lime   mint   soda</i>	12,00
Berry Bacardi Mojito <i>Bacardi Carta Blanca   lime   mint   soda   red fruit</i>	12,00

# Wine Menu

## White wines

Fraktique white <i>Flavours: fruity   earthy flavours of minerality</i>	per glass per bottle	6,50 23,00
Laureato - Vetrère <i>Flavours: full harmonious wine   ripe peach &amp; melon   balsamic</i>	per glass per bottle	7,50 38,00
Fedele Bianco bio & vegan friendly <i>Flavours: fresh   fruity   mineral   citrus   mango</i>	per bottle	23,00
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
Naï Coleccion - Adega Terra de Asorei <i>Flavours: full Chardonnay   candied peach and pear   blossoms   hazelnut   buttery touch</i>	per bottle	38,00

## Red wines

Fraktique red <i>Flavours: red fruits   black pepper   long aromatic aftertaste</i>	per glass	8,50
	per bottle	23,00
Campo Marina Luccarelli <i>Flavours: velvety wine   ripe forest fruits   mocha   cinnamon   soft tannins</i>	per glass	7,50
	per bottle	34,90
Fedele Rosso bio & vegan friendly <i>Flavours: elegant and juicy structure   red and blue berries   black pepper</i>	per bottle	22,00
Aldeneyck - Pinot Noir "Barrique" <i>Flavours: a lot of structure   very elegant power   berries and cherries   violets   subtle woody tone</i>	per bottle	65,00

## Rosé wines

Fraktique gris rosé <i>Flavours: exotic fruit   red berries</i>	per glass	6,50
	per bottle	27,00
Fedele Rosé bio & vegan friendly <i>Flavours: very distinctive rosé   fresh red berries   herbs   violets</i>	per glass	6,90
	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>	

# *Frozen Cappuccino*

Classic	6,50
<i>Frozen Cappuccino   whipped cream</i>	
Hazelnut	7,50
<i>Frozen Cappuccino   hazelnut cream   whipped cream</i>	
White Chocolate	7,50
<i>Frozen Cappuccino   white chocolate cream   whipped cream</i>	
Caramel	7,50
<i>Frozen Cappuccino   toffee cream   whipped cream</i>	

## *Bites*

Olives	5,50
Cheese	5,50
Hot Oriental bites   chili sauce	9,00
Naan bread from the grill   hummus   coriander	7,00

## *The little health food* (till 5 p.m.)

Low fat organic yoghurt   granola   fruit coulis	6,95
Low fat organic yogurt   granola   acai	7,00
Low fat organic yogurt   granola	6,75

## *Pancakes* (from 3 to 4:30 p.m.)

American pancakes   hot cherries	9,50
American pancakes   maple sirup	8,50
Extra scoop of ice cream	1,50



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.

# *Lunch*

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

Multigrain bread   salmon   guacamole   radish   chives	18,00
Multigrain bread   creamy brie   walnut   honey	14,50
Croque monsieur   walnut bread	12,50
Shrimp croquettes   lemon   cocktail sauce	21,50
Beef burger   sesame bun   crispy bacon   cheddar cheese   chipotle barbecue sauce	18,50
Beetroot burger   sesame bun   rocket   truffle mayonnaise	17,50
Multigrain bread   hummus   avocado   cucumber   egg	13,50
Cheese croquettes   mustard dill cream	16,50
Beef steak   seasonal vegetables   pepper sauce	26,50
Marinated farmhouse chicken   spicy tomato-vegetable salsa	21,50
Salmon fillet   seasonal vegetables   tartar sauce   lemon	24,50

# *Healthy Elaisa Rice Bowl*

Fragrant rice bowl | basmati rice | cucumber | spring onion | radish | pineapple | edamame | wakame.

Rice bowl   grilled tuna fillet	24,50
Rice bowl   marinated tempeh	21,50
Rice Bow   beef	24,50



## *Soups* (served with bread)

Soup of the day 8,50

*Thai soup based on coconut / laos / lemongrass / Oyster mushroom / bean sprouts / coriander / chilli*

Tom Kha Kai soup | vegetarian 8,50

Tom Kha Kai soup | chicken 9,50

## *Salads*

Salad | honey baked goat cheese | bacon | nuts | sultanas | 24,50  
honey mustard dressing

Salad | honey baked goat cheese | nuts | sultanas | 21,50  
honey-mustard dressing

Caesar salad | slow cooked chicken | croutons | 20,50  
parmesan cheese | boiled egg

Salad niçoise | grilled tuna | green beans | egg | red onion | olives 25,50

(from 5 p.m.)

Black angus carpaccio | balsamic vinegar | truffle cream | parmesan cheese 18,50



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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 | pea shoots

Crown Chakra: ginger | pear

Base Chakra: red cabbage

20,50

# *Rendang*

(from 5 p.m.)

*Indonesian vegetable curry / stewed vegetables / steamed rice / serundeng / slightly spicy mango chutney*

Rendang | vegan

20,50

Rendang | prawns

24,50

Rendang | chicken

24,50



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## Main courses

(from 5 p.m.)

Salmon fillet   seasonal vegetables   tartar sauce   lemon	24,50
Fillet of marinated farmhouse chicken   spicy tomato-vegetable salsa	21,50
Beef steak   seasonal vegetables   pepper sauce	26,50
Satay of Iberico tenderloin   rice   fresh atjar   prawn crackers   spring onion	19,50
Medallions of Pure Fillet (200 gr)   pepper cream sauce	42,00
Richly filled bouillabaisse   fish   seafood   shellfish   bread crouton   rouille	34,50
Ravioli   celeriac   truffle   creamy sauce of cepes	24,50

## Side dishes

Only served with main courses and/or salads

Bread	1,50
Chips   croquettes   pasta	4,00
Hasselback potato from the oven   rosemary   butter   fleur de sel	4,50
Mayonnaise   ketchup   mustard	1,00



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# Vegetarian & Vegan dishes

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

Beetroot burger   sesame bun   rocket   truffle mayonnaise 	17,50
Beetroot burger   sesame bun   rocket lettuce 	17,50
Multigrain bread   hummus   avocado   cucumber   egg 	13,50
Multigrain bread   creamy brie   walnut   honey 	14,50
Cheese croquettes   mustard dill cream 	16,50

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

Tom Kha Kai soup: Thai soup on the basis of coconut   laos   lemongrass   oyster mushroom   bean sprout   coriander and chilli 	8,50
Salad   honey baked goat cheese   apple   walnut   honey-mustard dressing 	21,50
Fragrant Rice Bowl   basmati rice   cucumber   spring onion   radish   pineapple   edamame   wakame   marinated tempeh 	20,50



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## (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 | pea shoots

Crown Chakra: ginger | pear

Base Chakra: red cabbage

20,50

Rendang | indonesian vegetable curry | stewed vegetables |

steamed rice | serundeng | slightly spicy mango chutney

20,50



## ENJOY AND DONATE

When you order a vegan dish 🥑, we donate €0.50 to local charity, ISERA.

Isera stands for 'International Society for the Education and Rescue of Animals'. They save the lives of animals in distress both nationally and internationally by providing care for impoverished animals, working with the authorities to combat animal cruelty, disseminating information on animal welfare and supporting selected projects.

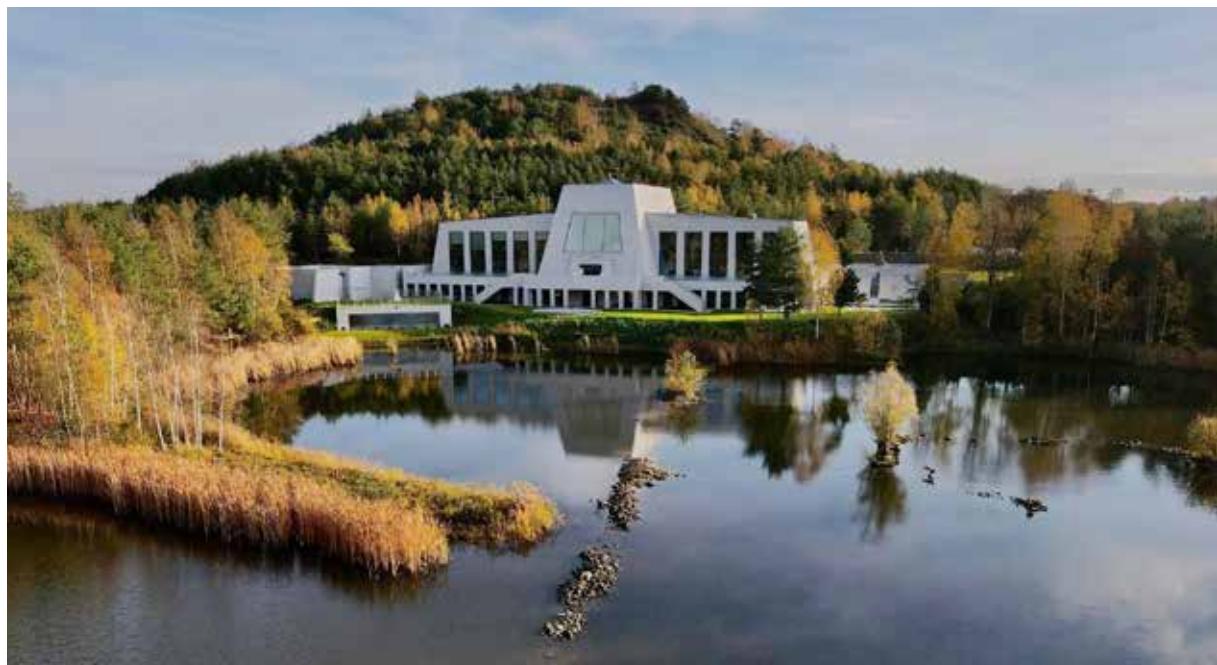
For more information go to: [www.iseranimals.org](http://www.iseranimals.org)



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# Desserts

Dame Blanche	9,50
Vegan Dame Blanche - lactose free 🥰 (vanilla ice cream based on coconut milk   chocolate sauce   soy milk   vegan vegetable cream)	12,75
Chocolate Brownie   pecan   caramel ice cream	12,50
Crème Brûlée	12,50
Assortment of French cheeses   chutney   nut bread	16,50
Extra scoop of ice cream	1,50
Supplement whipped cream	1,50



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#### PREGNANCY MASSAGE: 50 MIN / €99,00

With reassuring touches and supported by the Hot Sand Therapy principles, this massage brings relaxation during pregnancy to both mother and child.



#### BREATH JOURNEY : 60 MIN / €22,00

Start your day with a deep breath journey. With this breathing technique and meditation, you restart your body and undergo a physical and emotional cleansing that leaves you brimming with energy.



#### DELUXE CHOCOLATE SCRUB : 30 MIN / €19,00

Discover what a luxurious wrap of organic cocoa and honey can do for your skin. Cocoa contains ingredients that intensely nourish and moisturise your skin, making it glow.



#### HATHOR RITUAL : 45 MIN / €18,00

During this ritual in the Laconium, you stand in a vibrating singing bowl, with singing and instruments from Ancient Egypt. These ancient vibrations bring you back to your essence.



#### ELAISA SAUNA YOGA: 30 MIN / €18,00

Experience the extra dimension of a yoga session in the sauna. The combination of gentle movements and heat in the sauna (60°) helps the body and mind release tension more easily.



#### QUEEN OF EGYPT BODYCARE: 100 MIN / €189,00

Enjoy a beauty and care ritual that awakens the queen in you. We will pamper your body and face with essential oils and serene rituals: peeling, mud pack and a beneficial massage.



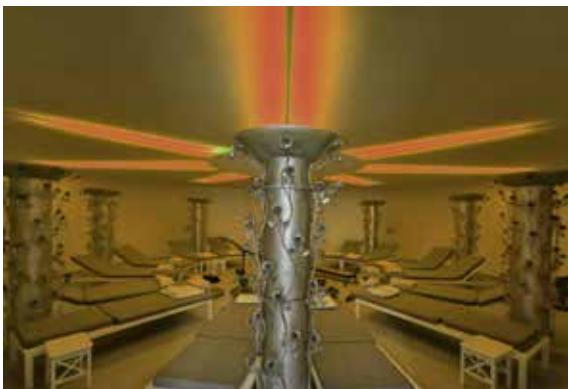
**GUIDED MEDITATION WITH LIVE MUSIC:  
40 MIN / €13.00**

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 / €19.00**

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 / €25.00**

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.