

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 11:45 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

1 l | 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

1 l | 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

1 l | 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

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
SinaTon <i>Fresh orange juice with Tonic</i>	8,50

Soft Drinks

Spa Reine Still	3,20
Spa Sparkling	3,20
Coca-Cola	3,20
Coca-Cola Zero	3,20
Schweppes Indian Tonic	3,60
Tönissteiner Orange	3,60
Tönissteiner Lemon	3,60
Tönissteiner 'Mixed fruits'	3,60

Juices

Grapefruit juice	5,50
Orange juice	5,50
Pineapple Ginger Lemon Apple	6,00
Apple Pear Raspberry	6,00

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>	

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
Kompel alcohol-free 0,2%	5,90
Duvel 8,5%	6,00
Hoegaarden 4,9%	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.*

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>	



Tea Card

Fresh tea

Mint tea	4,70
Ginger tea	4,70

Herbal tea

Zen Garden organic <i>Flavours: blood orange vanilla verbena lemongrass chamomile</i>	4,90
Meditation tea organic <i>Flavours: valerian root lavender lemongrass peppermint</i>	4,90
Inner Peace organic <i>Flavours: St John's wort nettle elderberry rose petals</i>	4,90
Winter Wonder <i>Flavours: roasted apple hibiscus rosehip liquorice</i>	4,90

Green Tea

Lung Ching <i>Flavours: mild sweet aftertaste</i>	4,90
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White Tea

White Silver Needle <i>Flavours: sweet low caffeine content</i>	4,90
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Black Tea

Golden Yunnan <i>Flavours: fresh soft fruity light scent of cedar wood</i>	4,90
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Pu Erh

Pu Erh Special <i>Flavours: earthy slight sweetness</i>	4,90
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Oolong Tea

Milky Oolong <i>Flavours: light orchid-like undertones milky silky texture</i>	4,90
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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	6,50
<i>Lily jasmine Yinzhen green tea</i>	
Spring Melody Teaflower	6,50
<i>Thousand days flower jasmine marigold Yinzhen green tea</i>	
Phoenix Eye Teaflower	6,50
<i>Thousand days flower jasmine Yinzhen green tea</i>	
Lily Basket Teaflower	6,50
<i>Lily jasmine Yinzhen green tea</i>	
Jasmin Fairy Teaflower	6,50
<i>Yellow chamomile jasmine thousand days flower</i>	
Blossom Diamond Teaflower	6,50
<i>Lily jasmine</i>	

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	11,50
	per bottle	64,00
Champagne Moët & Chandon Brut Impérial	per bottle	89,00

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	per glass	6,50
<i>Flavours: fruity earthy flavours of minerality</i>	per bottle	25,00
Laureato - Vetrère	per glass	7,50
<i>Flavours: full harmonious wine ripe peach & melon balsamic</i>	per bottle	38,00
Fedele Bianco bio & vegan friendly	per bottle	25,00
<i>Flavours: fresh fruity mineral citrus mango</i>		
Naï Coleccion - Adega Terra de Asorei	per bottle	44,00
<i>Flavours: full Chardonnay candied peach and pear blossoms hazelnut buttery touch</i>		

Rosé wines

Fraktique gris rosé	per glass	6,90
<i>Flavours: exotic fruit 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

Red wines

Fraktique red	per glass	6,50
<i>Flavours: red fruits black pepper long aromatic aftertaste</i>	per bottle	25,00
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	25,00
<i>Flavours: elegant and juicy structure red and blue berries black pepper</i>		
Chianti Colli Senesi - Tenuta Le Calcinaie organic	per bottle	41,00
<i>Flavours: intense elegant wine with fine tannins raspberry and black cherry spices roses cedar wood</i>		

Bites

Olives	5,50
Cheese	5,50
Naan bread from the grill mango-curry hummus	9,00

The little health food (from 11.45 a.m. 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

Apple crumble (from 3 to 4:30 p.m.)

Apple crumble pastry vanilla ice cream crème anglaise	9,50
Extra scoop of ice cream	1,50
Extra whipped cream	1,50

Soups

(from 11.45 a.m. - served with bread)

Soup of the day	9,50
Tom Kha Kai soup vegetarian	€ 9.50
Tom Kha Kai soup with chicken	€ 10.50
<i>Thai soup based on coconut, laos and lemongrass (Oyster mushroom, bean sprouts, coriander and chilli)</i>	

Main dish salads

(from 11.45 a.m.)

Salad with honey baked goat cheese bacon bits apple walnut honey mustard dressing	24,50
Salad with honey baked goat cheese apple walnut honey mustard dressing	23,50
Caesar salad slow cooked chicken croutons parmesan cheese honey mustard dressing	23,50
Radicchio salad apple pecan red cabbage	17,50

(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.

This salad stimulates the following three chakras :

Heart Chakra: fennel | pomegranate

Crown Chakra: pea shoot | cucumber

Base Chakra: ginger



22,50

Lunch

(from 11.45 a.m. to 5 p.m.)

Organic spelt bread salmon guacamole radish chives	18,00
Organic spelt bread pumpkin humus spinach leaf pomegranate parmesan	14,50
Organic spelt bread brie walnut rocket honey	15,50
Cheese croquettes mustard dill cream	16,50
Shrimp croquettes lemon cocktail sauce	23,50
Croque monsieur walnut bread	13,50
Beef burger sesame bun crispy bacon cheddar cheese chipotle barbecue sauce	18,50
Beetroot burger sesame bun arugula truffle mayonnaise	17,50
Steak from the grill mushroom truffle sauce	28,50
Filet of salmon from the grill seasonal vegetables hollandaise	27,00

Thai green Curry 🌶️🌶️

(from 5 p.m.)

*Thai green curry / steamed rice / toasted coconut / lemongrass /
peanuts / mango chutney*

Thai green curry vegan	23,50
Thai green curry prawns	25,50
Thai green curry chicken	25,50

Healthy Elaisa Rice Bowl

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

Rice bowl marinated tempeh	23,50
Rice bowl grilled tuna fillet	24,50
Rice Bowl beef	24,50

Pasta (from 5 p.m.)

Pasta homemade pesto olives Parmesan	21,50
Ravioli porcini mushrooms pumpkin Parmesan	26,50

Fish / Meat (from 5 p.m.)

Steak from the grill mushroom truffle sauce	28,50
Filet of salmon from the grill seasonal vegetables hollandaise	27,00
Halibut leek brandade grey shrimps bisque	28,50
Beef stew pumpkin mushroom pear croquettes	24,50

Supplements

Only served with main courses and/or salads

Chips croquettes rice	4,00
Mayonnaise ketchup mustard	1,00
Bread	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.

Vegetarian 🌱 & Vegan 🌱 dishes

(from 11.45 a.m. to 5 p.m.)

Grilled naan bread | mango curry hummus 🌱 9,00

Beetroot burger | sesame bun | arugula | truffle mayonnaise 🌱 17,50

Beetroot burger | sesame bun | rocket 🌱 17,50

Cheese croquettes | mustard dill cream 🌱 16,50

Salad with honey baked goat's cheese | apple | walnut |
honey mustard dressing 🌱 23,50

Tom Kha Kai soup: Thai soup based on coconut, laos and lemongrass
(oyster mushroom, bean sprouts, coriander and chilli) 🌱 9,50

Radicchio salad | apple | pecan | red cabbage 🌱 17,50

Fragrant Rice Bowl of basmati rice | cucumber | spring onion | radish |
pineapple | edamame | wakame | marinated tempeh 🌱 23,50



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(from 5 p.m.)

Naan bread from the grill mango curry hummus 🍌	9,00
Tom Kha Kai soup: Thai soup based on coconut, laos and lemongrass (oyster mushroom, bean sprouts, coriander and chilli) 🍌	9,50
Honey baked goat cheese salad apple walnut honey mustard dressing 🍌	23,50
Fragrant Rice Bowl of basmati rice cucumber spring onion radish pineapple edamame wakame marinated tempeh 🍌	23,50
Full-spectrum herb salad, organically grown by herbalist PUUR AROMA, nourishing for each Chakra. The salad is finished off with edible flowers. This salad stimulates the following three chakras :	
Heart Chakra: fennel pomegranate	
Crown Chakra: pea shoot cucumber	
Base Chakra: ginger 🍌	22,50
Thai green curry stewed vegetables steamed rice lemon chilli chutney lemongrass peanuts mango chutney 🍌	23,50
Pasta homemade pesto puffed tomato Parmesan 🍌	21,50
Ravioli porcini mushrooms pumpkin Parmesan 🍌	26,50



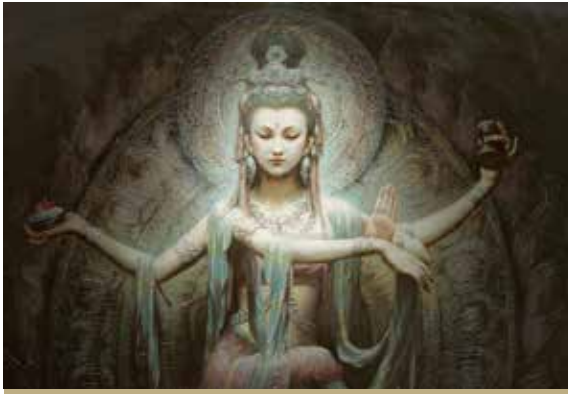
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Desserts

Dame Blanche	9,50
Vegan Dame Blanche - lactose free 🌱 (vanilla ice cream based on coconut milk chocolate sauce soy milk vegan whipped cream)	12,75
Brownie pecan banaan salted caramel	12,50
Crème brûlée vanilla roasted cane sugar	10,50
Extra scoop of ice cream	1,50
Supplement whipped cream	1,50



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SHAKTI MOVEMENT: 90 MIN / €29,00

We connect with the feminine energy of Mother Goddess Shakti. Without ego, without shame, we connect with our body through flowing dance movements. We work together in the Temazcal space with dimmed lights.



K.A.P. SESSION BY HILDE DE BAERDEMAEKER: 150 MIN. - €135,00 (INCL. ENTRANCE FEE)

K.A.P. (Kundalini Activation Process) is an energetic transmission in which non-dual energy resonates with your own energetic body and allows your kundalini energy to flow.



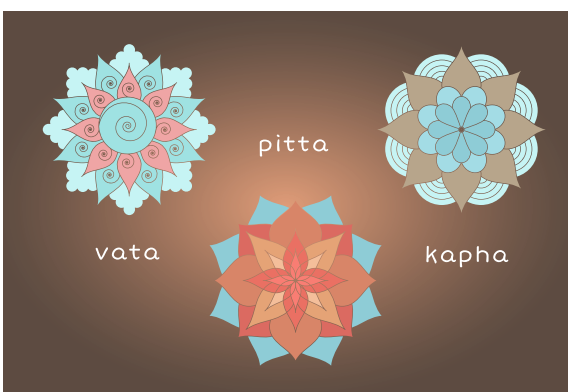
HATHOR RITUAL : 45 MIN / €18,00

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.



THE POWER OF CRYSTALS 50 MIN - €120 INCLUDING CRYSTAL

During this inner journey of self-discovery and personal growth, we start with a question on your mind and use crystals to find answers and insights.



AYURVEDIC PRESSURE POINT METHOD IN THE SAUNA - 30MIN - €49,00

Restore your balance and release your energy with this special experience towards inner harmony according to ancient Ayurvedic principles.



CRYSTAL SHOP - open from 16:00 to 19:00

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.



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.



FIRE WALK CEREMONY: 180 MIN / €89,00

The firewalk is an unforgettable experience that gives you the opportunity to overcome your fears, which in turn must show that fears actually only limit us in our personal growth.



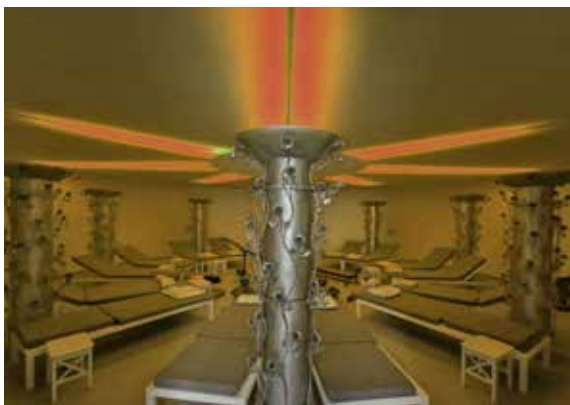
TEMAZCAL: 90 MIN / €35,00

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..



ENERGETIC MASSAGE: 90 MIN / €170,00

Energetic massage is a combination of relaxation, healing and a reading in one treatment. An experience for your whole "being". A true benefit for most mental, emotional and physical complaints.



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.



ENERGETIC WATER EXPERIENCE: 50 MIN. - € 119,00

Floating in the water of the Mineral Bath with soothing music outside and under the water brings you into a deep state of peace. This journey invites you to let go, to gently reconnect with the beneficial energy of water.



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.



CLAY SESSION : 30 MIN / €18,00

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.



MEDITATION SESSION WITH LIVE MUSIC : 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..



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.



SHIRODHARA: 30 MIN / €95,00

During this ultimate mind-relaxing treatment, a heated jet of oil flows continuously, at a slow pace, over your forehead. As the beneficent oil flows, you enjoy a deeply relaxing head massage.



SKINCARE CONNECTIVE TISSUE MASSAGE: 50 MIN. - €99,00 / 90 MIN - €149,00

With connective tissue massage techniques, adhesions in the muscles are loosened, allowing better circulation of supply and waste products.