

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



Welcome drinks
included with a birthday or package.
Please mention this at reception upon check-in.

Choice of:

Coffee | Tea | Soft drinks | House wines by the glass | Smoothies
Prosecco Brut or Rosé by the glass

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 vitalized 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 vitalized with VitaJuwel!

-  Wellness
-  Balance
-  Love

Wellness

Rose quartz - Amethyst - Rock crystal

1 l | 13,00

This exciting and vitalizing 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 a 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 - 6,50
San Pellegrino - Sparkling Water	0.50 l - 6,50
Acqua Panna - Mineral Water	1 l - 9,80
San Pellegrino - Sparkling Water	1 l - 9,80

LOUTER Kombucha

*A fresh and sparkling elixir of life born from the power of Mother Nature.
Tongue-tingling and slightly effervescent. It offers a sublime well-being for the life-giving soul.*

Rose / Hibiscus	6,50
Ginger / Mint	6,50
Passion fruit / Jasmine	6,50
Passon fruit / Ginger	6,50



AGROPOŠTA

Handmade top-quality organic lemonades made from hand-picked local plants and fruits from Croatia. Agropošta, which stands for "Post from Nature", provides 100% organic, artisanally prepared lemonades without artificial additives.

Strawberry	6,50
Elderflower	6,50
Raspberry	6,50
Lavender	6,50
Lemongrass & Ginger	6,50
Mint	6,50
Lemon	6,50

Soft Drinks

Acqua Panna - Mineral Water	3,70
San Pellegrino - Sparkling Water	3,70
Coca-Cola	3,70
Coca-Cola Zero	3,70
Fever Tree Indian Tonic	3,70
Tönnsteiner Orange	4,20
Tönnsteiner Lemon	4,20
Tönnsteiner 'Mixed fruits'	4,20

Juices

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

Elaisa Specials

ChariTea Red	6,50
<i>Rooibos tea with Passion fruit - 330ml</i>	
ChariTea Green	6,50
<i>Green Tea with Ginger - 330ml</i>	
PomTon	8,70
<i>Fresh grapefruit juice with Tonic</i>	
SinaTon	8,70
<i>Fresh orange juice with Tonic</i>	
DZiNG	
<i>Ginger lemonade (ginger, lime, spices, soda)</i>	7,50
OBLIQS	
<i>Herbal blend (ginger – herbs – organic apple juice)</i>	8w,50

Smoothies

Lovely Green	8,00
<i>Spinach avocado mango green apple banana</i>	
Strawberry Bomb	8,00
<i>Strawberry banana apple</i>	
Hawaiian	8,00
<i>Mango banana apple passionfruit</i>	



Discover **OBLIQS**, a blend of **20+ herbs**
sourced locally



Ginger



Has anti-inflammatory properties and gives your immune system a powerful boost.

Lime & Citric acid



Rich in vitamin C and powerful antioxidants.

Cinnamon



Helps regulate blood sugar levels and is packed with antioxidants.

Cloves



Known for their antibacterial and pain-relieving properties.

+ 20 carefully selected herbs

In addition to this powerful base, our blend contains
20 other carefully selected herbs!

OBLIQS | ELAISA

Hot Drinks



Espresso	3,90
Coffee	3,90
Decaf Coffee	3,90
Cappuccino*	4,50
Cappuccino with whipped cream	4,90
Flat white*	4,70
Latte Macchiato*	4,70
Hot chocolate*	4,20
Gourmand Coffee <i>Almond Kompel liqueur / whipped cream / biscuit</i>	7,00
Supplement whipped cream	1,50
Muffin various flavors	4,50

All coffees are available in decaffeinated form.

**Also available with oat milk / soy milk / almond milk / coconut milk*

Frozen Cappuccino

Classic	6,90
<i>Frozen Cappuccino whipped cream</i>	
Hazelnut	7,90
<i>Frozen Cappuccino hazelnut cream whipped cream</i>	
White Chocolate	7,90
<i>Frozen Cappuccino white chocolate cream whipped cream</i>	
Caramel	7,90
<i>Frozen Cappuccino toffee cream whipped cream</i>	

Matcha

Ceremonial Matcha (<i>cold or warm</i>)	8,50
Blue Matcha (<i>cold or warm</i>)	8,50

Available with cow's milk / oat milk / soy milk / almond milk / coconut milk



Tea Card

Fresh Tea

Mint Tea	4,70
Ginger Tea	4,70

Herbal Tea (Infusion)

Herbs need time to release their minerals. The longer the infusion steeps, the stronger the flavor and effect will be)

Starry Sky (organic) <i>Ingredients: star anise, mint, fennel, juniper, and licorice</i>	4,90
Meditation Tea (organic) <i>Ingredients: valerian root, lavender, lemongrass, and mint</i>	4,90
Inner Peace (organic) <i>Ingredients: St. John's wort, nettle, elderberry, and rose petals</i>	4,90
Chai Spices (organic) <i>Ingredients: cinnamon, ginger, cardamom, and cloves</i>	4,90

Green tea

Jasmine Chun Mee (organic) <i>Flavor: full-bodied, mild, and flora</i>	4,90
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White tea

Bai Mu Dan (organic) <i>Flavor: floral, grassy, and sweet</i>	4,90
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Black tea

Yunnan (organic) <i>Flavor: Spicy and malty (low in tannins)</i>	4,90
Magic Forest <i>Ingredients: black tea with wild berries and rosebuds</i> <i>Flavor: aromatic and fruity</i>	4,90

Oolong thee

Golden Rose (organic) <i>Ingredients: Oolong tea with rose petals and marigold</i> <i>Flavor: floral and nutty</i>	4,90
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Rooibos *(low in tannins and caffeine-free)*

Orange <i>Flavor: mild sun-ripened orange</i>	4,90
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Flower tea

Blooming Basket Tea Flower <i>Ingredients: green tea with a variety of thousand-day flowers</i>	6,50
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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 Blonde 6%	5,70
Kompel Ondergronds Brune 6%	5,70
Kompel Prion des Fleurs (Honey Beer from the National Park) 8%	6,30
Kompel l'Or Noir 8,2% (Best Tripel – World Beer Awards 2021)	6,30
Kompel Kriek 3,5%	5,00
Kompel alcohol-free 0,2%	5,90
Tripel Kanunnik 8,2% - Brasserie Wilderen	6,30
Duvel 8,5%	6,00
Sint Barbara (strong blond) 8,5%	6,30

Sauna and alcohol are not a good combination. Enjoy alcoholic drinks in moderation only after the sauna, not before.

Cocktails

Sunset Martini	14.50
<i>Vodka passion fruit vanilla lime</i>	
Lazy Red Cheeks	14.50
<i>Vodka raspberry violet lime sugar</i>	
Espresso Martini	14.50
<i>Vodka coffee liqueur coffee sugar</i>	
Amaretto Sour	14.50
<i>Amaretto orange lime</i>	
Relax on the Beach	14.50
<i>Vodka peach orange</i>	
Mojito	14.50
<i>White rum sparkling water lime mint sugar</i>	

Mocktails

Sunrise Martini 0%	10.50
<i>Passion fruit vanilla lime</i>	
Ambrosia 0%	10.50
<i>Cranberries guava raspberry lemon</i>	
Relax on the Beach 0%	10.50
<i>Peach orange cranberries</i>	
Ipanema 0%	10.50
<i>Passion fruit vanilla lime ginger ale</i>	
Mojito 0%	10.50
<i>Sparkling water lime mint sugar</i>	

Aperitifs

Aperol	9.70
Martini Bellini	8.00
Gin Tonic	14.50
<i>Kompel Charbonnage Indian Tonic</i>	
Gin Tonic	14.50
<i>Kompel Garden-City Rose Tonic</i>	

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Wine Menu

White wines

Larinum Malvasia (Puglia)

Grape: Chardonnay

Flavors: fresh fruity with a lovely creamy whole |
ripe apple and pear blossoms | butter

per glass 6.50
per bottle 28.00

Laureato - Vetrère (Puglia)

Grapes: Chardonnay, Fiano

Flavors: full harmonious wine | ripe peach | melon | balsamic

per glass 7.50
per bottle 38.00

Fedele Bianco organic & vegan friendly (Sicily)

Grapes: Catarrato, Inzolia, Greciano

Flavors: fresh and fruity | mineral | citrus | mango

per bottle 28.00

Vizzo bianco (Emilia Romagna)

Grape: Ortugo, Trebbiano

Flavors: fresh | light | notes of green apple | slightly floral

per bottle 38.00

Rosé wines

Lavasieux rosé gris (Languedoc)

Grape: Grenache

Flavors: typically refined rosé gris style | red roses | strawberry |
pomegranate | savory minerality

per glass 6.90
per bottle 29.00

Fedele Rosé bio & vegan friendly (Sicily)

Grape: Nero d'Avola

Flavours: rosé with lots of character | fresh red berries | herbs | violets

per glass 6.90
per bottle 29.00

Fraktique gris rosé

Grape: Pinot Gris

Flavors: exotic fruit | red berries

per glass 6.90
per bottle 29.00

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Red wines

Taccione Sangiovese Merlot (Abruzzo)

Grape: Sangiovese, Merlot

Flavors: round fleshy taste with nicely melted tannins | ripe red fruits | herbs

per glass 6.50
per bottle 28.00

Campo Marina Luccarelli (Puglia)

Grape: Primitivo

Flavors: velvety wine | ripe forest fruits | mocha | cinnamon | soft tannins

per glass 7.50
per bottle 38.00

Fedele Rosso bio & vegan friendly (Sicily)

Grape: Nero d'Avola

Flavours: juicy | elegant structure red & blue berries | black pepper

per bottle 28.00

Chianti Colli Senesi - Tenuta Le Calcinaie organic (Tuscany)

Grape: Sangiovese

Flavors: intense elegant wine | fine tannins | raspberry | black cherry | spices | roses | cedar wood

per bottle 41.00

Bubbels

Prosecco Le Couchon Brut

per glass 9.50
per bottle 43.00

Prosecco Le Couchon Rosé

per glass 10.00
per bottle 48.00

Champagne Paul Goerg - Blanc de Blanc Brut

per glass 12.50
per bottle 69.00

Champagne Moët & Chandon Brut Impérial

per bottle 90.00

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Bites

Olives	5,50
Cheese	5,50
Naan bread from the grill pumpkin hummus tomato salsa	9,50
Elaisa Taste Board coppa di parma parma ham peppadew young cheese olives coarse mustard	16,50

The little healthy food (from 11.00 a.m. till 5.30 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

The sweet break (from 3 to 5:30 p.m.)

Plain crêpes chocolate sauce fruit whipped cream	10.50
Plain crêpes stewed fruit fruit whipped cream	10.50
Vegan apple pie vegan cream vegan ice cream 🌱	10.95
Burgundian apple pie crème anglaise vanilla ice cream	10.95
Extra scoop of ice cream	1.50
Extra scoop of vegan ice cream 🌱	1.50
Supplement whipped 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.

Soups

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

Soup of the day	9,50
Tom Kha vegan	12,95
Tom Kha Kai chicken	15,95
<i>Thai soup with coconut bean sprouts oyster mushrooms green onion cilantro chilli</i>	

Main dish salads

(from 11.45 a.m. - supplement bread + €1,50)

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
Greek salad salad olives tomato cucumber red onion bell pepper capers feta	23,50
Caesar salad Caesar dressing croutons Parmesan egg	22,95
Caesar salad chicken Caesar dressing croutons Parmesan egg	24,95
Detox salad spinach mango red bell pepper pomegranate seeds avocado pumpkin seeds lemon-mustard dressing	23,50
Burrata tomato carpaccio pistachios basil purée	18,50

Healthy Elaisa Rice Bowl

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

Rice bowl marinated tempeh	24,50
Rice bowl grilled tuna fillet	25,50
Rice Bowl beef marinated in chilli sauce	25,50

(Coriander cannot be removed)



Lunch

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

Swedish flat bread smoked salmon avocado creme fraiche dill	22.00
Spelt bread brie walnut honey rocket	15.50
Spelt bread beef carpaccio rocket Parmesan pine nuts truffle mayonnaise	15.50
Cheese croquettes mustard dill cream	17.50
Shrimp croquettes lemon cocktail sauce	24.50
Croque-monsieur ham cheese Waldkorn bread	15.50
Croque cheese white bread	13.50
Beef burger crispy bacon cheddar cheese chipotle barbecue sauce	19.50
Beetroot burger rocket truffle mayonnaise	18.50
Bao Bun spicy chicken spring onion pickled onion coleslaw lime	21.50
Marinated chicken satay pickled cucumber chilli rice satay sauce	24.50
Salmon seasonal vegetables Hollandaise sauce	29.50

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: pomegranate | orange

Crown Chakra: cucumber | parsley

Base Chakra: ginger

23.50

Yellow Curry ☯☯

(from 5 p.m.)

*Cauliflower | carrots | broccoli | sugar snaps | onion | pineapple | sliced bamboo shoots |
chilli pepper | cashew nuts | rice*

Yellow curry vegan	24.50
Yellow curry prawns	27.50
Yellow curry chicken	25.50



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Pasta (from 5 p.m.)

Linguine arrabiata olive chorizo parmesan 	25.50
Seasonal ravioli	19.50

Fish / Meat (from 5 p.m.)

Black Angus carpaccio balsamic vinegar truffle cream Parmesan	18.50
Vitello Tonnato veal tuna capers rocket parsley onion	18.50
Marinated chicken satay pickled cucumber chilli rice satay sauce	24.50
Chicken fillet seasonal vegetables tomato salsa	23.50
Fillet steak seasonal vegetables chimichurri sauce	39.00
Veal medaillon 180gr. seasonal vegetables mushroom sauce	25.95
Fish stew salmon cod monk fish prawns carrots fennel sugar snap peas crisp leeks white wine sauce	26.50
Salmon seasonal vegetables Hollandaise sauce	29.50

Supplements Not available separately

French fries	4.50
Sweet potato fries	4.50
Croquettes	4.00
Rice	4.00
Mayonnaise ketchup mustard	1.00
Bread	1.50



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Desserts

Dame Blanche Fondant	10.50
Vegan Dame Blanche Fondant - lactose free 	12.75
Lemon cheesecake lemon sorbet raspberry coulis	12.95
Fruit salade various pieces of seasonal fruit	13.50
Eton Mess strawberry cream meringue mint	12.95
Mango mousse cream fruit	13.50
Elaisa Dessert hazelnut chocolate bomb chocolate mousse vegan ice	17.95
Tout-Chocolat whipped cream	11.95
Extra scoop of ice cream	1.50
Supplement whipped cream	1.50

Vegetarian & Vegan dishes (from 11.45 a.m. to 5 p.m.)

Naan bread from the grill pumpkin hummus tomato salsa 	9.50
Tom Kha vegan 	12.95
Beetroot burger rocket truffle mayonnaise 	18.50
Beetroot burger rocket 	18.50
Cheese croquettes mustard dill cream 	17.50
Burrata tomato carpaccio pistachios basil purée 	18.50
Caesar salad Caesar dressing croutons Parmesan egg 	22.95
Salad with honey baked goat's cheese apple walnut honey mustard dressing 	23.50
Greek salad salad olives tomato cucumber red onion bell pepper capers feta 	23.50
Detox salad spinach mango red bell pepper pomegranate seeds avocado pumpkin seeds lemon-mustard dressing 	23.50
Fragrant Rice Bowl of basmati rice cucumber spring onion radish pineapple edamame wakame marinated tempeh gember coriander 	24.50



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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. With the help of a **mobile operating unit**, we can expand our services **thanks to our collaboration with the King Baudouin Foundation**.

For more information go to: www.iseranimals.org

(from 5 p.m.)

Naan bread from the grill pumpkin hummus tomato salsa 🌱	9.50
Tom Kha vegan 🌱	12.95
Salad with honey baked goat's cheese apple walnut honey mustard dressing 🌱	23.50
Caesar salad vegetarian Caesar dressing croutons Parmesan egg 🌱	22.95
Greek salad salad olives tomato cucumber red onion bell pepper capers feta 🌱	23.50
Detox salad spinach mango red bell pepper pomegranate seeds avocado pumpkin seeds lemon-mustard dressing 🌱	23.50
Burrata tomato carpaccio pistachios basil purée 🌱	18.50
Fragrant Rice Bowl of basmati rice cucumber spring onion radish pineapple edamame wakame marinated tempeh gember coriander 🌱	24.50
Healthy Elaisa Chakra Salad	
Heart Chakra: pomegranate orange	
Crown Chakra: cucumber parsley	
Base Chakra: ginger 🌱	23.50
Yellow curry cauliflower carrots broccoli sugar snaps onion pineapple sliced bamboo shoots chilli pepper cashew nuts rice 🌱	24.50
Seasonal ravioli 🌱	19.50



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Gluten-free dishes

Olives	5.50
Cheese	5.50
Elaisa Taste Board coppa di parma parma ham peppadew young cheese olives coarse mustard	16.50
Tom Kha vegan	12.95
Tom Kha Kai chicken	15.95
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
Detox salad spinach mango red bell pepper pomegranate seeds avocado pumpkin seeds lemon-mustard dressing	23.50
Marinated chicken satay pickled cucumber chilli rice satay sauce	24.50
Salmon seasonal vegetables Hollandaise sauce	29.50
Fruit salade various pieces of seasonal fruit	13.50
Eton Mess strawberry cream meringue mint	12.95

(from 5 p.m.)

Black Angus carpaccio balsamic vinegar truffle cream Parmesan	18.50
Vitello Tonnato veal tuna capers rocket parsley onion	18.50
Healthy Elaisa Chakra Salad	23.50
Yellow curry vegan	24.50
Yellow curry prawns	27.50
Yellow curry chicken	25.50
Marinated chicken satay pickled cucumber chilli rice satay sauce	24.50
Fillet steak seasonal vegetables chimichurri sauce	39.00
Veal medaillon 180gr. seasonal vegetables mushroom sauce	25.95
Fish stew salmon cod tiger fish prawns carrots fennel sugar snap peas crisp leeks white wine sauce	26.50
Salmon seasonal vegetables Hollandaise sauce	29.50

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