

HEALTH MENU

AVAILABLE FROM 7:00AM TO 2:30PM AND 5:00PM TO 10:00PM DAILY
ENJOY AT THE HEALTH CLUB OR IN YOUR ROOM BY CALLING IN-ROOM DINING

BEFORE YOUR WORKOUT

- PROTEIN 'BERRY BLAST' SMOOTHIE** 12
50G OF WHEY PROTEIN AS WELL AS THE BERRIES' NUTRIENTS SUCH AS IRON, MAGNESIUM AND VITAMIN B, C AND K PER SERVING, THIS SMOOTHIE PROVIDES THE ENERGY NEEDED TO BEGIN YOUR WORKOUT
- CHILLED GREEN TEA WITH GINSENG** 14
IMPROVING YOUR 'YANG' ENERGY AND FIGHTING HIGH BLOOD PRESSURE ARE AMONG THE MANY WONDERFUL BENEFITS GINSENG CAN AWARD YOU
- POM WONDERFUL** 11
PROVIDING THE ADEQUATE AMOUNT OF DAILY VITAMIN C REQUIRED FOR ADULTS. POMEGRANATE JUICE HAS MORE ANTIOXIDANT POWER THAN MOST JUICES
- FRESH APPLE & CELERY JUICE WITH FLAXSEED OIL AND ALOE VERA** 14
REPLENISH YOUR ENERGY WHILE REJUVENATING YOUR SKIN WITH THE POWERFUL INGREDIENTS OF ALOE VERA
- REFRESHING PINEAPPLE-ORANGE JUICE WITH A TWIST OF MINT** 14
IDEAL TO REVITALIZE YOURSELF WITH A BOOST OF VITAMIN C AND CALCIUM

AFTER YOUR WORKOUT

- ORGANIC MUESLI PARFAIT- TOPPED WITH SEASONAL FRESH BERRIES** 10
HIGH IN DIETARY FIBER, PROTEIN, POTASSIUM, AND VITAMIN A & C TO RE-CHARGE AFTER AN INTENSE WORKOUT
- ASSORTMENT OF DELICIOUS GREEK YOGURTS SERVED WITH LAVENDER-HONEY AND CHOPPED WALNUTS** 14
THE NATURAL SWEETNESS ADDED BY THE LAVENDER HONEY IS SURE TO HELP YOU RELAX AFTER YOUR WORKOUT. ALSO AVAILABLE AS A NON-FAT VERSION
- GRILLED RED SNAPPER ON SUMMER SALAD WITH AVOCADO, GRAPEFRUIT FILETS AND CITRUS VINAIGRETTE** 30
RED SNAPPER IS RICH IN OMEGA 3 FATTY ACIDS FOR BETTER BLOOD CIRCULATION AND ELIMINATION OF BAD CHOLESTEROL. AVOCADO CONTAINS HIGH CONCENTRATION OF DIETARY FIBER, VITAMINS & POTASSIUM
- WHOLE WHEAT WRAP WITH CHICK PEAS, HUMMUS, ALFALFA SPROUTS AND LEMON** 22
WITH SKINLESS ORGANIC CHICKEN 28
A WONDERFUL SOURCE OF DIETARY FIBER AND COMPLEX CARBOHYDRATES AS WELL AS MAGNESIUM