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*elements menu*

mandhoo  
spa restaurant

## *History of the five elements*

Over 2,000 years ago, Greek philosophers originated the idea that our universe and all it encompassed was comprised of five basic elements:

*Air, Earth, Fire, Water, Plant*

They believed that balance within and between the elements formed the foundation for good health and that a disruption to this harmony leads to ill-health. This 'Five Element' theory is still the basis for healthcare in many parts of the world today and is represented in the philosophy here at the Spa Retreat.

As you peruse through the Mandhoo Spa Restaurant Menu, you will notice that the cuisine has been arranged into the five elements. Each element has a specific taste, temperature, level of moisture and density. The associated cuisine affects the body, mind and spirit in different ways.

## *Characteristics of the five elements*

*air* – ENERGIZING

*earth* – NOURISHING

*fire* – DETOXIFYING

*water* – RELAXING

*plant* – FORTIFYING

## *How to use the Mandhoo menu*

There are a variety of ways to choose your cuisine at Mandhoo Spa Restaurant. You may simply like to read through the menu and select the dishes that sound most appealing!

You can choose dishes based upon your physical and emotional needs – select the cuisine from a particular element to reap the benefits associated with its characteristics.

You may also like to consult our in-house nutritionist to ensure that you choose cuisine that will be of most nutritional value to you

Our challenge at Mandhoo Spa Restaurant has been to create a cuisine that is not only well-balanced and nutritious but also exciting: tantalising the taste buds and leaving you feeling content and satiated. Only the freshest ingredients are used and, where possible, organic or biodynamic produce are utilized. Whichever way you decide and whatever dishes you choose, your experience at Mandhoo Spa Restaurant will be one to treasure.

Ptn=Proteins   Cho=Carbohydrates   Sat=Saturated Fats   E=TotalEnergy

*air* – The element Air is energising. It is associated with the mind and mental activity. Dishes belonging to the element of air are light, aid the intellect. The air element is beneficial to people who feel mentally or physically sluggish. It may be due to inactivity, over-nourishment or excess watery accumulations.

*earth* – The Earth sign is pampering and nurturing. The element of earth represents permanence, stability and security. It also represents nourishment on all levels and thus earthy dishes are anabolic. The earth sign is dry and cold and the food is dense. Earthy dishes are indicated where a person needs grounding.

*fire* – The Fire element represents detoxification and purification. It does so by increasing circulation and can help overcome the stagnation of apathy and the heaviness of depression. It is the spiritual quality of strength of purpose and gives courage. The fire element is hot and dry. Tastes that represent the fire element are pungent and sour. These dishes stimulate the appetite and aid with the assimilation and absorption of food, in the cases of excess water, they can be used to drain the sinuses, to promote expectoration of phlegm and to decongest cholesterol blocked arteries.

*water* – The water element represents relaxation. Psychological qualities associated with water include inner conscience and tranquility. The water sign is wet and cold. Water dishes are also beneficial for persons experiencing dryness of the skin and mucous membranes.

*plant* – The plant element of plant is a powerful force; its essence is alive and pure. Plant is active - representing our nutrition and nourishment. Plant dishes are intensive and purifying, focusing on nourishment of the body. If you feel in need of a vitamin and antioxidant boost then plant treatments are for you.

BAKED LOCAL TIGER PRAWNS GRAVLAX STYLE ON THE PLANCHA,  
ORGANIC SALMON WITH GREEN LEAVES,  
FRESH TOMATO TEA WITH DICED TOFU  
Ptn 26.3g Cho 2.7g Fat 1.8g Sat 0.5g E 602.3kj 139.4Cal  
\$19

WARM CALAMARI AND SEA BASS ON THE PLANCHA,  
ASPARAGUS AND ROCKET SALAD,  
YOGHURT AND TANGERINE DRESSING  
Ptn 34.5g Cho 4.8g Fat 7.5g Sat 1.65g E 961.6kj 227Cal  
\$18

CRAYFISH SALAD WITH AVOCADO AND MANGO,  
GRAPEFRUIT AND BLUEBERRY GRANITÉ,  
MINI WATERCRESS  
Ptn 5.2g Cho 5.7g Fat 1.2g Sat 0.2g E 242.8kj 56.4Cal  
\$18

REEF FISH AND SCALLOPS,  
CANNELLONI OF FETA AND ROASTED PISTACHIO,  
LEMON GRASS, CHILI, WARM ORANGE VINAIGRETTE  
Ptn 31.2g Cho 9.6g Fat 12.9g Sat 7.6g E 1166kj 278Cal  
\$19

All prices are in US\$ and subject to 10% service charge.

*air*

*Bring your life into balance*

NORI CRUSTED BEEF TENDERLOIN,  
TERIYAKI SHITAKE,  
SOUR CREAM WITH WASABI

Ptn 38.2g Cho 8.3g Fat 29.1g Sat 16.8g E 1860kj 441.7Cal  
\$22

SAGE MARINATED CHICKEN BREAST,  
PUMPKIN AND CONFIT SHALLOT RISOTTO,  
WARM ORANGE BROTH,  
APPLE AND HORSERADISH CHUTNEY

Ptn 35.4g Cho 62.5g Fat 15.8g Sat 4.7g E 2208kj 538.3Cal  
\$19

ROASTED LAMB FILET WITH CHILI FLAKES,  
CHICKPEAS WITH TOMATOES,  
EGGPLANT PURÉE WITH SUNFLOWER SEEDS AND ARGAN OIL

Ptn 47.7g Cho 8.4g Fat 21.9g Sat 9.4g E 1800kj 421.3Cal  
\$20

All prices are in US\$ and subject to 10% service charge.

*earth*

*Reach inner peace and soothe your soul whilst reviving your senses*

KOREAN STYLE SEARED TUNA WITH STIR FRIED BOK CHOY,  
LIME CHILI AND CORIANDER VINAIGRETTE

Ptn 36.8g Cho 2.6g Fat 10.8g Sat 3.8g E 1076.5kj 255.8Cal  
\$19

YAKITORI CHICKEN SKEWERS,  
RAW MANGO SALAD WITH CASHEW NUT,  
HOT GINGER AND GINSENG TEA

Ptn 29.2g Cho 11.9g Fat 12.3g Sat 3.6g E 1212.6kj 289.4Cal  
\$19

ROASTED SPICY MARINATED SPATCHCOCK,  
POTATO NOUVELLE, PEARL ONION, CHILI PASTE LEMON  
GRASS AND SOY BEANS CONDIMENTS

Ptn 34.9g Cho 32.3g Fat 44.5g Sat 2.7g E 1410kj 677.5Cal  
\$19

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*fire*  
*Ease away stresses of modern day living*

PAN FRIED FILET OF SEA BASS,  
ROSSET POTATO PURÉE WITH WASABI,  
CUCUMBER AND MANGO CHUTNEY WITH LEMON BALM  
Ptn 37.3g Cho 26.6g Fat 10.4g Sat 5g E 1491.3kj 349.5Cal  
\$20

REEF FISH COATED IN JAPANESE DRIED RICE SEASONING,  
BOKCHOY AND ADZUKI BEANS,  
SOY SESAME AND GINGER SAUCE  
Ptn 36.9g Cho 51.1g Fat 11.7g Sat 2.1g E 1918.6kj 457Cal  
\$18

\*\*\* GLAZED TOFU,  
RAW VEGETABLES SALAD WITH PINEAPPLE VINEGAR,  
HOT MISO BROTH WITH LOTUS SEEDS  
Ptn 7.6g Cho 8.8g Fat 4.3g Sat 0.6g E 451.6kj 103.4Cal  
\$17

All prices are in US\$ and subject to 10% service charge.

\*\*\* Vegetarian Dish

*water*

*Awaken your senses to inner tranquility*

TUNA WITH SESAME SEEDS ON THE PLANCHA,  
SWEET POTATO AND CONFIT ARTICHOKE,  
LOW FAT CREAM WITH SPICES

Ptn 40.5g Cho 13.1g Fat 22g Sat 8.9g E 1734kj 409.4Cal  
\$19

\*\*\* THREE SALADS

SPINACH WITH ALMOND AND ORANGE DRESSING  
ASPARAGUS WITH SUNFLOWER SEEDS AND TRUFFLE VINAIGRETTE  
CAULIFLOWER AND OLIVES WITH PISTACHIO

Ptn 5.3g Cho 24g Fat 5.6g Sat 0.2g E 765.7kj 169.6Cal  
\$17

\*\*\* SWEET AND SOUR PICKLED CABBAGE SALAD, GREEN MANGO WITH CHILI AND SESAME SEEDS,  
SAUTEED MUSHROOM SALAD, GREEN BEANS AND PUMPKIN SEEDS,  
SMALL LEAVES WITH AVOCADO, BROCCOLI AND CHERRY TOMATO, TANGERINE OLIVE OIL

Ptn 12.4g Cho 25g Fat 3.9g Sat 0.3g E 792.6kj 185.1Cal  
\$16

All prices are in US\$ and subject to 10% service charge.

\*\*\* Vegetarian Dish

*plant*  
*Discover a powerful force with an alive and pure essence*

*air* - \$ 16

POACHED PEAR IN RED WINE AND STAR ANISE,  
LEMON GRASS CHILLED CREAM ON DACQUOISE,  
MAPLE SYRUP AND WALNUT ICE-CREAM

Ptn 16.81g, Cho 7.45g, Fat 2.44g, Sat 1.54g, E 230.80kj, 55.16Cal

*earth* - \$ 17

EGG CUSTARD FLAN WITH BANANA AND DATES  
SERVED WITH RHUBARB CONFIT, BOURBON VANILLA ICE-CREAM  
Ptn 41.13g, Cho 7.10g, Fat 5.39g, Sat 4.22g, E 489.71kj, 117.04Cal

*fire* - \$ 17

ORGANIC CHEESE CAKE,  
PANNA COTTA OF CARAMELISED TOFU, FINE SEA SALT,  
ORANGE KUMQUAT CONFIT, FRUIT SOUP WITH TAPIOCA PEARLS  
Ptn 70.41g, Cho 19.40g, Fat 7.48g, Sat 4.38g, E 681.15kj, 162.80Cal

*water* - \$ 16

CRÈME BRÛLÉE OF LIQUORICE AND SOYA MILK,  
BERRY MACAROONS, MANGO SORBET, TAMARIND GLAZE  
Ptn 24.54g, Cho 6.80g, Fat 2.38g, Sat 1.44g, E 254.79kj, 60.90Cal

*plant* - \$ 16

FRESH FRUIT SKEWERS, GINGER GRANITÉ AND GRAPE FRUIT JELLY  
Ptn 12.24g, Cho 0.00g, Fat 0.14g, Sat 0.01g, E 154.99kj, 37.04Cal

All prices are in US\$ and subject to 10% service charge.

*sweets*

*Enjoy pure temptation*

*plain* – Natural yoghurt, salt, sugar, mineral water. \$ 10

*apple* – Full of fiber, antioxidants and flavonoids. Apples have been noted to decrease blood cholesterol levels in the body and may help regulate the bowels. Traditionally, they have been used to ease the pain and inflammation of arthritis, rheumatism and gout. \$ 10

*kiwi* – Full of vitamin C and beta-carotene, kiwi fruit may strengthen the immune system and reduce the severity and incidence of respiratory infections. In addition, these antioxidants may also reduce the ageing process to help us look younger, for longer. \$ 10

*pineapple* – Contains the enzyme bromelain which may reduce inflammation in the body and help digest protein-rich foods. Pineapple may be very good in assisting sore, inflamed throats. \$ 10

*mint* – Wonderful for soothing all digestive upsets and can provide relief to bloating and heaviness associated with a large meal. A very refreshing drink recommended for all times throughout the day. \$ 10

All prices are in US\$ and subject to 10% service charge.

*Lassies*

*Smooth and delicate*

*green tea selection* – \$ 6 per pot

GREEN TEA

JASMINE GREEN TEA

MOROCCAN GREEN TEA

SENCHA CAMOMILLE

SENCHA LEMON GRASS

*herbal infusion selection* – \$ 6 per pot

CAMOMILLE

PEPPERMINT

HIBISCUS & ROSEHIPS

NATURALLY SPICY BERRY

NATURALLY TANGY LEMON

*mandhoo special tea selection* – \$ 6 per pot

ORGANIC TEA

DECAFFEINATED TEA

DANDELION TEA

All prices are in US\$ and subject to 10% service charge.

*teas*

*Smooth and delicate*

*air*

WHITE WELLNESS SHAKE \$10

KIWI, BANANA, APPLE, YOGHURT, VANILLA POWDER, GRATED CHOCOLATE

VITALITY FRUIT COCKTAIL \$10

BANANA, BLUEBERRY, NECTARINE, PEAR, COCOA POWDER, GROUND CINNAMON

BERRY SMOOTHIE \$10

MIXED BERRIES, ORANGE, BANANA

MELON SHAKE \$10

WATERMELON, ORANGE, FRESH MINT LEAVES, COLD LOW FAT MILK

*earth*

MALDIVIAN COCONUT TEMPTATION \$10

COCONUT, PAPAYA, NECTARINE, GRAPEFRUIT, GRAPE

PINEAPPLE & APPLE MILK \$10

PINEAPPLE, APPLE, VANILLA POWDER, LOW FAT YOGHURT, LOW FAT MILK, GRATED COCONUT

STRAWBERRY & MANGO COOLER \$10

STRAWBERRY, MANGO, LIME, GRAPE, APPLE

MOCHA & BANANA DREAM \$10

COLD ESPRESSO COFFEE, BANANA, COLD LOW FAT MILK, WHIPPED CREAM

All prices are in US\$ and subject to 10% service charge.

*juices*  
*Tasty and refreshing*

## *fire*

### GOOD MORNING ALARM CALL \$10

ORANGE, CANTALOUPE MELON, GRAPE, GROUND ALMOND

### EXOTIC FRUIT FANTASY \$10

PINEAPPLE, APPLE, FRESH MINT LEAVES

### PINK KIWI COLADA \$10

PAPAYA, KIWI, CHERRY, PEAR

### FRESH SPRING BREEZE \$10

NECTARINE, GRAPEFRUIT, ORANGE, PEAR, GROUND ALMOND

## *water*

### DIVE IN DRINK \$10

BANANA, TOMATO, ORANGE, GRAPEFRUIT, PINEAPPLE, CHERRY TOMATO, GROUND CLOVES

### BANANA & YOGHURT AFFAIR \$10

BANANA, LEMON, HONEY, COLD LOW FAT MILK, NATURAL LOW FAT YOGHURT

### RED PANTHER'S PUNCH \$10

PAPAYA, CARROT, ORANGE, PEAR

### MANGO MIRACLE \$10

MANGO, LIME, CARROT, HONEY, GROUND GINGER

All prices are in US\$ and subject to 10% service charge.

# *juices*

*Tasty and refreshing*

*plant*

FEEL ALIVE \$10

CRANBERRY JUICE, GUAVA JUICE, FRESH APPLE, CANTALOUPE MELON

TROPICAL BREEZE \$10

MANGO JUICE, AVACADO, ORGANIC APRICOT JUICE, BANANA

TRUSTED SMOOTHIE \$10

ORGANIC BLUEBERRY JUICE, PAPAYA, KIWI, ORGANIC PINEAPPLE JUICE

SAVOURY SENSATION \$10

SOUR CHERRY JUICE, CANTALOUPE MELON, GUAVA JUICE,  
ORGANIC APRICOT JUICE, APPLE

THE BODY CLEANSER \$10

MANGO JUICE, GUAVA, STRAWBERRY, PAPAYA, ORGANIC APPLE JUICE

All prices are in US\$ and subject to 10% service charge.

*juices*  
*Tasty and refreshing*