



AYANA  
SPA

SPA CAFE

# Wellness Menu



# A la Carte

## Spiced Roasted Cauliflower | 110 / 100 g

Lentils, roasted red peppers, spinach, soft herbs, almonds, toasted seeds, lemon, and spiced yogurt dressing

CAL	CAR	PRO	FAT
205	13	8	15



## Tuna Sashimi Salad | 220

Quinoa tabbouleh, lacto-fermented cucumbers, avocado buttermilk dressing, flaxseed crackers

CAL	CAR	PRO	FAT
359	19	27	19



Prices are subject to 21% service charge & government tax.

# A la Carte



## Roasted Butternut With No-Cheese Pesto

Basil pesto, pine nuts, avocado oil, soft herbs, arugula

CAL	CAR	PRO	FAT
280	18	4	3

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# A la Carte



## Grilled Chicken On Pomegranate, Orange, And Cilantro Salad

Served with bright lemon vinaigrette and avocado cream

CAL	CAR	PRO	FAT
310	14	32	3

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# A la Carte



## Roasted Turmeric Cauliflower Steaks With Chickpeas | 165

Avocado purée, cashew butter, warm spices, crispy chickpeas

CAL	CAR	PRO	FAT
310	18	11	3

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*A la Carte*



## Grilled Atlantic Salmon On A Cauliflower Pancake | 300

Basil oil, wilted spinach, poached egg, edamame, and salmon caviar

CAL	CAR	PRO	FAT
420	5	35	4

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# A la Carte



## Nourish Bowl | 150

Quinoa, avocado, roasted pumpkin hummus, seasonal farm greens, house pickles, pomegranate, almond dukkah

Add 2 free-range poached eggs | 30

Add 100 g free-range chicken breast | 45

CAL	CAR	PRO	FAT
533	22	7	47

## Chunky Avocado Toast

Poached free-range eggs, pumpkin seed miso dressing, seaweed & shaved asparagus salad, togarashi, ketogenic bread

180 CAL	CAR	PRO	FAT
1,238	48	35	98



# A la Carte

## Baked Chickpea Falafel | 210

Tabbouleh, pickled red cabbage, sunflower seed tahini, harissa

CAL	CAR	PRO	FAT
577	88	18	20



## Poached Free-Range Chicken Wrap | 210

Avocado, herbed cauliflower rice, cashew aioli, salsa roja, on a gluten-free cassava wrap

CAL	CAR	PRO	FAT
743	54	42	42

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# A la Carte



## Seasonal Fruits With Greek Yogurt | 100

CAL	CAR	PRO	FAT
142	53	4	3

## Chia Parfait | 115

with mango, coconut yogurt, activated almond and goji berry granola

CAL	CAR	PRO	FAT
226	27	7	14



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# Sweets



## Spirulina Power Balls | 75

CAL	CAR	PRO	FAT
140	8.6	4.2	10.7

## Apricot Coconut Bar | 100

CAL	CAR	PRO	FAT
150	11	8	3



## Homemade Nutella & Chia Seed Protein Bar | 125

CAL	CAR	PRO	FAT
905	50	24	10



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# Snacks



## Açaí Smoothie Bowl | 195

Blueberries, strawberries, banana, kiwi, house-made pecan butter, coconut flakes, grated 100% dark chocolate, quinoa super seed granola



## Spirulina Bowl | 195

Avocado, banana, kiwi, mango, kale, spinach, ginger, coconut, quinoa super seed granola

Add Protein | 50

28 g vanilla plant-based protein *or*  
28 g chocolate plant-based protein

## Mango Moringa Lassi | 195

Banana, coconut yogurt, young coconut, passion fruit, moringa, kiwi, goji berries, quinoa super seed granola



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Sweets



## Paleo Banana Bread | 115

With Homemade Pecan Butter & Coconut Nectar

CAL	CAR	PRO	FAT
711	45	8	59



## Raw Vegan Dark Chocolate Cake | 125

CAL	CAR	PRO	FAT
444	31	9	32

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# Beverages



## Fresh Juices | 100

### Green

Apple, kale, spinach, celery, ginger, mint, lemon

*Flushes out toxins and replenishes the body*

### Purple

Beetroot, pomegranate, grapes, apple, parsley, ginger

*Full of antioxidants, beta-carotene and liver cleansing goodness*

### Orange

Orange, soursop, strawberries, watermelon

*High in vitamin C and antioxidants*

# Beverages



## Super Smoothies | 100

### Raw Power

Raw cacao, banana, maca, almond butter, dates, cinnamon, coconut milk

Add 28g chocolate plant-based protein | 50

Add espresso shot | 80

### Super Green Spirulina

Avocado, kale, spinach, mango, banana, spirulina, MCT oil, Greek yogurt

Add 28 g vanilla plant-based protein | 50

### Super Açaí

Organic Brazilian Açaí, berries, chia, house-made peanut butter, banana, coconut water, goji berry

Add 28g chocolate plant-based protein | 50

# Beverages



## Wellness Shots | 65

### Immunity Shot

Pressed orange juice, fresh ginger, lemon, cayenne pepper, turmeric, honey

*Abundant in immune-boosting and anti-inflammatory nutrients*

### Detox Cleanser

Turmeric, ginger, maple, apple cider vinegar, black pepper

*A nourishing, gut cleansing, and anti-inflammatory elixir to support digestion, detox, and healthy blood pressure*

### Well-being Shot

Apple, moringa, ginger, lemon

*Detoxifies the liver and fights bacteria*

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# Beverages

## Coffee

Bulletproof house blend, MCT oil | 95

Blend double espresso, butter, coconut oil and coconut water

Cinnamon House-blend cold brew | 90

## Non-Coffee | 80

Hot Matcha Latte

Iced Golden Turmeric Latte

Iced Matcha Latte

Hot Cocoa

Hot Golden Turmeric Latte

Iced Cocoa

## Specials | 95

Ceremonial Hot Chocolate

Balinese single-origin cacao, reishi mushroom, almond milk, cinnamon

*Helps alleviate symptoms of depression and anxiety, and aids in better sleep and healing.*

## Tea

Zen Tea Infusions | 80

Echinacea and Dandelion Tea

Rosella & Rosehip Tea

*Anti-bacterial, anti-viral, treats cold and flu*

*Anti-inflammatory and lowers blood pressure*

## Ginger and Cardamom Tea with lemon and Flores honey

*Anti-inflammatory, helps digestion, and alleviates respiratory issues*