






The Spa Menu is not just another health food menu.

The dishes with the spa logo  are based on the Cretan diet pyramid: namely, a diet rich in fruit, vegetables, cereals & olive oil, often supplemented with fish.

The low-calorie dishes are made from carefully selected products, most of which are of organic origin. Butter and cream give way to non-saturated oils. Most of the food items on this menu require little cooking time, thus retaining their nutritional value. This ancient Cretan concept is a healthy diet that combines both wisdom and pleasure.

Enjoy the spell of absolute well-being


Richard Ekkebus  
Executive Chef


**SALADS**

Caesar salad with anchovy, boiled eggs, garlic croutons & parmesan reggiano shavings 140

Topped with slow roasted Moroccan chicken 180

Topped with blackened shrimp 190

 Garden leaf salad, shaved baby vegetables, Adelaide Hills goat cheese feta & fresh oregano, navel orange & crispy sour dough bread croutons 170  
Contains all of the virtues of the Cretan diet, the secret of longevity

 Seared blue fin tuna niçoise salad 190  
Tuna is rich in omega 3 oils, good for the body's arteries

 Nigiri sushi & sashimi shokado bento box 300  
Also a great source for omega 3

**SANDWICHES**

Wagyu Kobe beef or cheeseburger 210  
Crispy onion rings & homemade french fries

The LM turkey club sandwich with vine tomatoes, avocado, wild arugula & goat cheese 190  
Served with homemade french fries

Triple layer white tuna "bonito del norte" & espelette chilli mayonnaise whole wheat sandwich 180  
With cucumber & tomato, mesclun leaves & old sherry dressing

**PASTAS & NOODLES**


Durum wheat semolina pastas from Martelli Penne, spaghetti or maccheroni 170

Choice of preparations

Alla Pomodoro fresh plum tomatoes, onion, basil & parmesan reggiano cheese


Alla Bolognese homemade bolognese sauce & parmesan reggiano cheese

Alla Pesto basil, pinenuts, extra virgin olive oil & parmesan reggiano cheese

 Buckwheat noodles with vegetables, mushrooms & silky tofu in hot mushroom broth 180  
Army of anti-oxidizers to eliminate free radicals

**DESSERTS**

 Seasonal sliced fruit bento 120  
Great source of vitamins

 3 scoops of homemade exotic sorbets 95  
Mango, coconut & lime  
Mango is very low in calories and rich in vitamin B9, E & C

3 scoops of homemade ice cream 95  
Green tea, chocolate & vanilla

"Grand cru guanaja" chocolate, ginger & banana brownie cake 110  
With chocolate ice cream

LM cheese cake, mango & passion fruit 110  
With mango & passion fruit sorbet

**DRINKS****BOTTLED MINERAL WATER**

Llanllyr Source 330 ml 30 750 ml 60

Origin: Wales, UK

Drawn from beneath the organic fields of West Wales, pure, smooth and soft, natural spring water

Llanllyr Source Sparkling 330 ml 30 750 ml 60

Origin: Wales, UK

Lightly sparkling natural spring water drawn from beneath the organic fields of West Wales, low in minerals, soft and smooth

Evian Still 500 ml 50

Origin: Evian, France

Natural spring water filtered through two layers of impermeable clay in the French Alps  
Smooth light and low in minerals

**MIXED JUICES 50****Absolute Wellbeing**

A mighty mix of apple, celery & carrot, abundant in vitamins A & E

**Coldbuster**

Freshly squeezed orange & red grapefruit, an excellent source of vitamin C

**Detoxifier**

A refreshing combination of cucumber, celery & apple to cleanse your body & mind

**Skinsational**

Carrot, tomato & apple juice, rich in antioxidants to illuminate your skin

**Watermelon Whirl**

Watermelon & strawberry juice, sweet, light & cool

**Superstar**

Starfruit, apple & orange, rich in vitamins C and fibre

**Get-Up-And-Go**

A healthy pick-me-up of pineapple & ginger to prevent fatigue and improve digestion

**Select**

Create your own perfect blend of any three  
apple, carrot, celery, tomato, banana, orange, grapefruit, pineapple, mango, watermelon, starfruit, raspberry or lychee

**SMOOTHIES**

65

**Banana Bliss**

Our most popular smoothie with banana, coconut, cinnamon & yoghurt served as a vital morning fuel

**Tealicious**

Green tea, mint, yoghurt & milk that is high in protein & antioxidants while helping to lower cholesterol

**Mandarin Mango**

Summer in a glass featuring mangoes, orange zest & yoghurt for a drink rich in vitamins A & C

**Very Berry**

A delicious blend of raspberries & yoghurt, full of powerful antioxidants

**Lychee Refresher**

A light all-day smoothie composed of lychee, rosewater & yoghurt to soothe body & mind

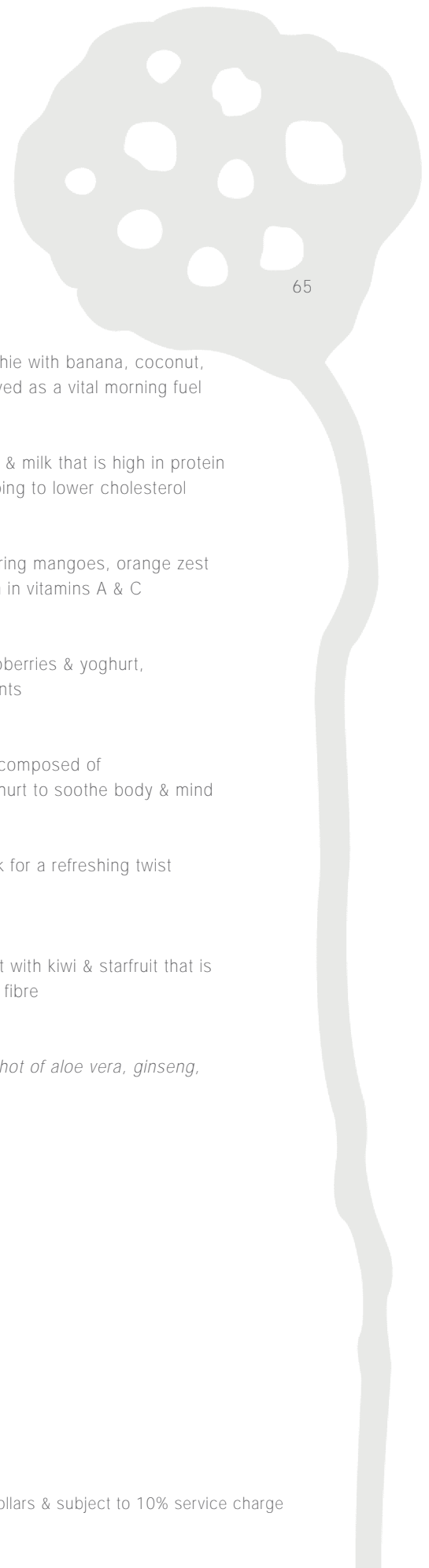
**Banana Berry**

Banana, raspberry & milk for a refreshing twist on sweet & tart flavours

**Starlight**

An optimum health boost with kiwi & starfruit that is rich in vitamin C & full of fibre

*Enjoy a complimentary shot of aloe vera, ginseng, echinacea or protein*



**MING CHA TEAS IN THE POT**

Breakfast, lunch or anytime

**Genuine White Tea Peony** 65

Light, bright and cleansing. This is tea in its most natural and healthy form. Naturally very low in caffeine

**Organic Green Tea Wulu** 80

Balanced for strength and delicacy, these young leaves are hand-picked in the high altitude of Jiangxi in early spring

**Mandarin Orchid** 105

A bright style oolong with an unforgettable natural floral aroma and silky smooth body. A tea lover's delight

**Golden Tip Puer** 80

Tea with a distinctive matured character. brew it stronger to use as a digestive, or medium as a drink with food. Naturally very low in caffeine

Cooling Infusion

**Organic Winter Sweet** 80

The wonderful fragrance and superior health effects make this the specialist's choice over camomile. Wild and organic

*All tea pots served with a choice of honey, lemon or milk*

**THE ORIENTAL SPA TEAS**

65

Our creative herbal blends infuse your life with the nutrients of sun-kissed herbs. Let your body be quenched by these caffeine-free refreshments for the soul, whose pure aromatic breath carries inexhaustible healing powers

**Awake**

Peppermint, rose hips, ginger, lemongrass, rosemary & lemon verbena

Immerse yourself in an invigorating experience with this healthy 'pick-me-up' which boosts energy and stimulates blood circulation. This minty and lemony blend is also excellent for relieving colds and flu, reducing flatulence, congestion, easing nausea and even improving memory

**Digest**

Peppermint, elder flowers, catnip, ginger, fennel & stevia

Perfect after a heavy meal, this sweet and minty blend aids digestion and digestive related conditions like flatulence and constipation. For those who wish to enjoy their meals and live life to the fullest. This concoction is also helpful for easing nausea, colds and flu, insomnia and headaches

**Energy**

Siberian ginseng, ginkgo, sarsaparilla roots, dandelion roots, peppermint & stevia

An energy booster, this sweet and minty blend enhances stamina, eases exhaustion and improves circulation. It is also effective for strengthening the immune system, regulating blood pressure, improving memory and detoxifying the system. Just what you need to stay at your peak throughout the day

**Lemon Suprema-C**

Lemon balm, lemon verbena, lemongrass & lemon peel

Charged with an abundance of vitamin-C vital for fighting diseases, this delicious lemony herbal blend also aids digestion, eases flatulence, fights depression, relieves colds and flu, wards off insomnia and combats nausea

**Ginger**

A pleasingly sweet taste with a spicy tingle

Used extensively in Asian cooking, ginger is excellent for aiding digestion, relieving nausea, expelling wind and lowering cholesterol

*All teas pots served with a choice of honey, lemon or milk*



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