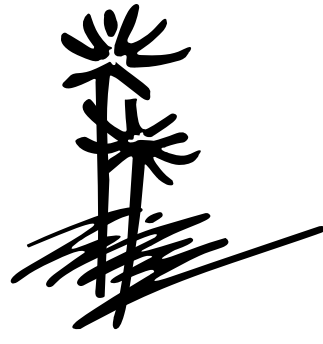


# GLOBAL WELLNESS DAY

LUNCH MENU



**/'æk.wə/**

aqua-, prefix. aqua- comes from Latin, where it has the meaning “water”

Teeming with all sorts of activity, swirling with colors, and shrouded by mystery- the ocean is a great adventure waiting to be discovered. But the calm, smooth surface tells a totally different story. If you do not actually get in and explore the sea, you will never really know what wonders lie beneath.

You will never truly experience it.

The same goes for life, for love, for food– So, get your feet wet and try something new. Make a choice and embrace the possibilities. We will be waiting to hear all about it when you return.

Go for that swim; you will not regret the decision.

From the sandy shore to the deep blue depths, and back again: This is the definition of AQVA. And now, it is the story of you.

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Please let us know of any dietary preferences or food allergies we should be aware of in the preparation of your meal.

# Appetizers

## Crunchy Thai Salad

*Mixed Greens / Carrots / Red Peppers / Red Cabbage / Cucumber / Edamame / Cilantro Lime Dressing*



## Harvest Apple Feta

*Mixed Greens / Apple / Feta Cheese / Cranberries / Walnuts / Mint / Cinnamon & Apple Cider Vinaigrette*



## Vegan Bruschetta Platter

*Tomato Salsa / Green Olive Tapenade / Black Olive Tapenade / Sauteed Mushrooms*



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# Chilli Soup

## Chilled Carrot & Ginger Soup

*Plain Yogurt / Fresh Basil / Croutons*



## Spicy Mango Bisque

*Mint Leaves / Lemon Zest / Croutons*



Contains Pork



Contains Gluten



Spicy



Vegan



Vegetarian



Contains Nuts



Vegetarian Option Available



# Main Dishes

## Nourish Bowl

*Rocket / Sweet Potato / Asparagus / Radish /  
Avocado / Baby Spinach / Quinoa*



## Mezze Platter

*Hummus / Moutabal / Muhammara / Pickled Vegetables /  
Kalamata Olives / Arabic Bread*



## Pan Fried Tofu

*Tropical Fruits Salsa / Assorted Grilled Vegetables /  
Herb & Garlic Olive*



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# Desserts

## Baked Yogurt with Honey

*Grilled Fruits with Cinnamon*



## Vegan Chocolate Mousse

*with Orange Dressing*



## Coconut & Ginger Sago

*with Caramelized Pineapple*



Contains Pork



Contains Gluten



Spicy



Vegan



Vegetarian



Contains Nuts



Vegetarian Option Available