

We are proud to share with you our most delightful recipes, filled with fresh and balanced meals, embracing the simplicity of nature. The complex flavor experience and textures are the result of our inspiration.

THAT'S LIFE

Aruba

Start your day improving your digestive health: papaya, celery, flaxseed, raisins, agave honey **566 kcal**

Madagascar

Our healthy recipe is an effective tip to naturally detox your body: chard, spinach, ginger, pineapple, apple and pear **68.1 kcal**

Fiji

Fatigue? This shot is an excellent choice: carrot, tomato, celery and lime **145 kcal**

Curaçao

The wellness that brings the right mix: sugar-free plain yoghurt, papaya, strawberry and banana **354 kcal**

GUILT FREE

Shakes or smoothies

Your choice of milk - whole, lactose free, light, coconut, almond or soy

- Strawberry, kiwi, ginger **62.5 kcal**
- Banana, amaranth, oatmeal **122 kcal**
- Papaya, Greek yoghurt **102 kcal**
- Mango, parsley, lime **65.5 kcal**
- Design your own

TO START YOUR DAY

Fruit platter 🍷 🌿

Seasonal fruit, cottage cheese, vanilla honey **118 kcal**

Oatmeal 🌿

Candied pear with aniseed butter **418 kcal**

Omelette 🍷

Oaxaca cheese, cactus leaves, Swiss chard, salsa verde made with pepperleaf **318 kcal**

Scrambled 🍷

Egg, green peas, corn, goat cheese, bell peppers, spinach **259 kcal**

Greek yoghurt

Homemade yoghurt, granola, red berries, mint, honey, dried fruit **473 kcal**

FRESH CUISINE

Mango ceviche 🍷 🌿

Creole cilantro, cucumber, tomato, red onion, habanero oil **199 kcal**

Pear salad 🍷 🌿

Spinach, nuts, goat cheese, soy sprouts **372 kcal**

Tuna salad * 🍷

Fresh tuna, apple, arugula, almond, quinoa **327 kcal**

Couscous salad 🌿

Avocado, tomato, basil, black olives **487 kcal**

Quinoa bowl 🍷

Spinach, cherry tomato, portobello mushroom, poached egg **410 kcal**

Toast 🌿

Ricotta cheese, broccoli pesto, basil, tomato **509 kcal**

STAY HEALTHY

Chicken panini

Pesto, mozzarella, tomato salad, corn, artichokes **661 kcal**

Chicken crepe

Chicken, panela cheese, corn, poblano pepper, pumpkin blossom cream **499 kcal**

Smoked salmon sandwich *

Multigrain bread, smoked salmon, fresh tomato, fennel dressing **663 kcal**

Salmon wrap 🌿

Greens mix, salmon, toasted peanuts, soy sprouts, cilantro dressing **440 kcal**

Portobello burger 🌿

Multigrain bread, grilled portobello, spinach, grilled panela cheese, alfalfa sprouts, cilantro dip **514 kcal**

Vegetable panini 🌿

Roasted vegetables, mozzarella, tomato pesto **578 kcal**

🍷 **Gluten Free** Le Blanc Spa Resorts is proud to offer menu items with gluten free ingredients. However, our kitchens are not gluten free environment, so we can not assure you that our restaurant environment or any menu item will be 100% free of gluten. If you are celiac please contact the restaurant manager.

* Our food is prepared under strict hygienic conditions and norms, however, consuming raw or undercooked products is at your own risk.

🌿 This food contains nuts or seeds that can cause allergies.

🌿 **Vegetarian**

🌿 **Vegan**