

What is...**Conscious Dining?**






Simply put, Conscious Dining, is the empowerment of you, the consumer, to know what you are consuming!

All produce is thoughtfully selected and prepared with a gentle hand to retain the ingredients' natural goodness.

Only the finest and freshest ingredients have been incorporated into the preparation of these dishes. We use Organic and Bio-dynamic produce where possible and when available. No butter and cream are used and only small amounts of grapeseed or olive oil is used.

Bio-dynamic methods work towards the development of the farm or garden as a balanced and sustainable unit. They include organic practices such as crop rotation, recycling through compost and liquid manures, and increasing plant and animal bio-diversity. Special plant, animal and mineral preparations are used. The rhythmic influences of the sun, moon, planets and stars are recognised and worked with where possible. These methods lead to a natural reduction of pests and diseases in plants and animals, and an increase in the nutritive and health-giving value of food produced.

MENU GUIDE

-  Denotes dishes that are or can be ordered as a vegetarian option
-  Contains ingredients that contain a high level of antioxidants
-  Highlights ingredients that help to protect the heart
-  Contains ingredients that help to lower cholesterol level
-  Denotes dishes that improve and boost the immune system

Allow us to fulfill your every need, want and desire. Simply let us know of any special dietary requirements and / or allergies and we will happily renew your dining experience.

CONSCIOUS CONCOCTIONS

Organic walnut, beetroot and organic soy milk	15
Mango, aged balsamic vinegar, organic cashew nuts and yoghurt	15
Buttermilk, banana and sesame seeds	15
Basil, pear and cucumber with organic feta cheese and a drop of olive oil	15

VEGETABLES, HERBS & FRUIT JUICES

Create your own juices	10
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VEGETABLES

Tomato	Avocado	Beetroot
Cabbage	Carrot	Cucumber
Fennel	Celery	Spinach

HERBS

Coriander	Mint	Parsley
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FRUITS

Orange	Watermelon	Strawberry
Apple	Pineapple	Grapefruit
Lemon	Lime	Kiwi
Banana	Mango	
Starfruit	Pear	

Smoothies

The above fruits, herbs and vegetables can be blended together with yoghurt or soy milk with a drizzle of organic honey	12
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WATER

Still

Fiji	6
Aqua Panna, Italy	7
Waiwera, New Zealand	9

Sparkling

Saint Geron, France	13
San Pellegrino, Italy	7
Waiwera, New Zealand	9

SALAD CONSTRUCTION

Select any 8 items and your preferred dressing

Bowl **14**
Bucket **22**

GREENS & CHEESE

The Garden mix
Gourmet mix
Oriental mix
Baby spinach

Wild rocket
Watercress
Red Chard

Feta
Blue cheese
Parmesan

GRAINS, SEEDS & LEGUMES

Bulgur wheat
Quinoa
Wild rice
Chickpea

Flaxseed
Pumpkin seeds
Sunflower seeds

Adzuki beans
Sesame seeds
Wheat Germ pasta

VEGETABLES & SPROUTS

Semi-dried tomatoes
Japanese cucumber
Grilled zucchini
Kalamata olives
Red onion

Roasted capsicum
Kenya beans
Potatoes
Roast pumpkin
Snow peas

Mushrooms
Mung bean sprouts
Alfalfa sprouts

FRUITS & NUTS

Blueberries
Raspberries
Dried red dates
Dried figs

Dried dates
Macadamia nuts
Brazil nuts
Golden raisins

Cashew nuts
Strawberries
Wolfberries
Walnuts

FINAL TOUCH – Dressings

Aged balsamic with extra virgin olive oil
Orange vinaigrette with tofu emulsion and lemongrass mist
Honey-soy vinaigrette with ginger mist
Red wine and flaxseed vinaigrette
Dried olive vinaigrette with citrus mist
Raspberry vinaigrette with champagne mist
Citrus yoghurt dressing

Additional items are available at \$2 per selection

All salads are served with flaxseed multi-grain crisps

SALAD CONSTRUCTION

Add-on's to your salad

Poached egg 🍳	6
Coriander marinated chicken breast	12
Baked salmon	13
Pan fried snapper	15
Sauté prawn	15
Wagyu beef strips	18
Gravlax	12
Confit octopus	12
Grilled scallop	13

Conscious Combinations

DETOX MIX 🥗	20
Baby spinach, coz and pea tendrils with roasted pumpkin, quinoa and semi-dried tomatoes finished with our house flaxseed vinaigrette	
QI TONIFING 🥗	20
Oriental mix tossed with mung beans, shiitake mushrooms, sesame seeds, snow peas and red dates completed in orange vinaigrette with tofu emulsion and lemongrass mist	
IMMUNITY BOOST 🥗 ✓	20
The Garden mix with sunflower seeds, cucumbers, strawberries, blueberries and cashews with our citrus yoghurt dressing	

Additional items (from previous page) **are available at \$2 per selection**

All salads are served with flaxseed multi-grain crisps

FIRST

ROAST TOMATO AND CAPSICUM SOUP 🍲	18
Basil sorbet and crispy rice	
WATERMELON - DAIKON ROLL + ✓	18
Snapper sashimi, shredded cucumber and rocket shoots with ponzu sauce	
ASPARAGUS "CAESAR SALAD" + 🍲	18
Romaine lettuce, yogurt mustard dressing, poached egg, espelette popcorn	
SCALLOPS	26
Seared, avocado crush, raw cauliflower and raisin caper splash	
SALMON TARTAR + ★	22
Daikon, lemon oil and avocado wasabi puree	
HAMACHI SASHIMI ✓	24
Papaya avocado guacamole and citrus vinaigrette	
"CHICKEN NOODLE SOUP"	18
Roasted chicken consommé, buckwheat "noodle" and corn custard	

VEGETARIAN

GRILLED PORTOBELLO MUSHROOMS 🥄 + 30

Warm multigrain rice - roasted pumpkin salad with walnuts and golden raisins

CHICKPEA AND POLENTA 🥄 28

En block - sesame - petite legumes - pea vines - almond oil

RISOTTO 🥄 28

Japanese short grain rice - green peas - lemon puree - parmesan

"STICK'N BOWL OR "FORK'N SPOON"

ORGANIC WHEAT GERM PASTA ✓ 29

56°C tuna, petite octopus confit, lemon – zucchini – basil

CORN TAGLIATELLE 29

Pesto chicken, variation of corn, dehydrated roast chicken "dust" and fluffy leek emulsion

HELD

GRILLED VEGETABLES WITH HUMMUS 🥄 + ★ 24

Wrapped with fresh mozzarella cheese and kalamata olives

CORIANDER MARINATED CHICKEN BREAST ✓ 26

Wrapped in whole wheat tortilla with carrot -mango slaw with citrus yogurt

* All sandwiches are served with root vegetable crisps

SERIOUS STUFF

TIGER PRAWN	28
White bean stew - yogurt - cilantro lime gremolata	
PARCHMENT BAKED SNAPPER	36
Ginger, thai lime, lemongrass and variation of carrots with coconut foam	
(please allow 25 minutes baking time)	
"CHICKEN RICE"	39
Ginger-soy marinated organic chicken breast with crisp rice cake and steamed kai lan	
BEEF TENDERLOIN	58
Mushroom en papillote, chestnuts and basil froth	
HERBS CRUSTED LAMB RACK	48
Brown rice pilaf with wild mushrooms and truffle jus	

FISH

HAMACHI	38
Saffron poached, broccolini, amaranth, peanuts, coconut	
SKATE	32
Pequillo pepper puree – heart of palm salad, coriander marination, fresh coconut	
"SOUS VIDE" NORWEGIAN SALMON	42
Quinoa "risotto", roasted chicken jus and watercress emulsion	

Sweet

ORGANIC QUARK CHEESE CAKE + Lemon sorbet and blue berry coulis	15
SOYA MILK PANNA COTTA Fresh raspberries and lemon grass Infused syrup	15
MINISTRONE OF FRUIT WITH FOREST BERRIES Tahitian vanilla - greek yogurt - manuka honey -frozen	21
ORGANIC CHOCOLATE Smoked chili pudding, coco sorbet, chocolate brioche	17
FIVE FRUITS - FRESH AND FROZEN ✓ Watermelon, pineapple, papaya, green apple, banana	17
THREE FRUITS – FRESH AND FROZEN Choice from watermelon, pineapple, papaya, green apple and banana	14
CHEESE SELECTION Grilled spelt seed foccacia and red onion preserve	29

The Garden Signature Blends

13

CLEANSING COCKTAIL

Cucumber, carrot, apple, beetroot and a touch of ginger

FRESH COMPLEXION

Pineapple, cucumber and green apple

SLEEP TIGHT

Pineapple, lettuce and celery

IMMUNITY

Grapefruit, kiwi, pineapple, strawberry, carrot and apple

VEGETABLE BOOSTER

Spinach, wheatgrass, carrot and celery

DETOX

Apple, celery, beetroot and ginseng

FRUITY COOLER

Pear, starfruit, mango and banana

HOT BEVERAGE

8.50

Coffee
Café Latte
Soy Latte
Cappuccino
Espresso
Decaf Coffee

TWG TEA - The World's Finest Harvest Teas

8.50

INDIA

PHUGURI

One of the best first flush teas from the revered Phuguri estate in India. Highly aromatic, the leaves produce a medium-bodied tea liquor with a pleasingly strong note of fresh peach

CEYLON

NUWARA ELIYA OP

A tea from the lofty hills of the celebrated island of Ceylon, this Orange Pekoe is renowned for its light and sparkling taste.

CHINA

PAI MU TAN

Smooth, delicate and highly refreshing. This fine white tea yields a slightly pale cup with an aroma of honey and smooth velvety flavour.

YUNNAN FOP

A sophisticated black tea with a distinguished savour, a balance of strength and smoothness and a suave aftertaste.

IMPERIAL LAPSANG SOUCHONG

From the Fujian province, this smoky black tea is smooth and full-bodied, with earthy undertones and a fragrant aftertaste.

JAPAN

GENMAICHA

A traditional Japanese specialty of exquisite green tea with roasted rice and popped corn. Mild and smooth, it has a light, golden yellow liquor with a unique, toasty rice flavour.

AFRICA

RED CHAI

Red tea flavoured with cinnamon, ginger, cardamom, cloves and pepper.

LEMON BUSH TEA

Red tea from South Africa scented with wild lemon.

GRAND CLASSIC TEA

JASMINE PEARLS TEA

A suave cup of elegantly fragrant Chinese green tea with lavishly scented Jasmine blossoms. The tender, silvery buds are intricately rolled into "pearls" will magically unfurl in the teacup.

EXCLUSIVE TEA BLENDS

GNAWA TEA

TWG Tea has dared to combine a robust black tea with the distinguished notes of smooth mint. A rich blend that will give force and strength to affront the sandy dunes of the Sahara.

PINK GARDEN TEA

Regal garden roses accent this green tea blended with notes of Provencal cherry. A blooming bouquet as a summer day.

FRUIT MOUNTAIN TEA

An ecstasy of golden Asian fruits, warm yet refreshing, this black tea blend is scattered with marigold blossoms and yields a honeyed aftertaste of exotic sweetness.

WINES

CHAMPAGNE

	GLASS	BOTTLE
Duval Leroy Fleur de Champagne, France, NV	23	120
Veuve Cliquot, Yellow Label, France, NV	30	145
Veuve Cliquot, Demi sec, France, NV		155
Duval Leroy Rose de saignee, France, NV		165
Duval Leroy Authentis Cumieres, France, NV		235

WHITE WINES

	GLASS	BOTTLE
La Cadalora, Pinot Grigio, Italy, 2008	19	85
Treehouse, Sauvignon Blanc, Australia, 2007	20	90
Pirramimma Stock's Hill, Chardonnay, Australia, 2007	20	90
J.Moreau & Fils, Chablis, France, 2007	20	90
Bella Ridge Estate, Kyoho, Western Australia, 2004	25	120
Tulloch, Semilion, Australia, 2007		90
Montes, Sauvignon Blanc, Chile, 2009		90
Lake Chalice, Sauvignon Blanc, New Zealand, 2008		95
Xanadu Margaret River, Semillon, Australia, 2002		110
Rebgarten, Riesling, Alsace, France, 2004		110
Tamar Ridge, Riesling, Australia, 2004		110
Simi Sonoma, Chardonnay, California, 2007		115
Gunderloch Kabinett, Riesling, Germany, 2008		115
Cloudy Bay, Sauvignon Blanc, New Zealand, 2009		120
Domaine Vincent Montrachet, Chardonnay, France, 2005		200

RED WINES

	GLASS	BOTTLE
Treehouse, Pinot Noir, Australia, 2006	20	95
Terrazas Reserva, Cabernet Sauvignon, Argentina, 2005	20	95
Proprieto Sperino, Nebbiolo, Piedmont, Italy, 2005	28	150
St. Claire Vicars Choice, Pinot Noir, New Zealand, 2007		95
St. Benoit Cotes Du Rhone Villave Rouge, France, 2006		100
Milton Te Arai, Malbec, New Zealand, 2005 		105
Catena Zapata, Cabernet sauvignon, Argentina, 2003		105
Lake Chalice, Pinot Noir, New Zealand, 2006		106
Pirramimma, Cabernet Sauvignon, Australia, 2006		110
De Trafford, Stellenbosch, South Africa, 2005		110
Mount Riley, Pinot Noir, New Zealand, 2008		115
Dom. Les Sangs de Caillous Vasc, France, 2004		115
Deloach Russian River, Zinfandel, USA, 2003		120
Cape Mentelle, Shiraz, Australia, 2007		125
Vasse Felix, Cabernet Sauvignon, Australia, 2006		135
Chateau d'Arche Haut-Medoc Cru Bourgeois, France, 2003		145
Delas, Cotes Rotie , France, 2001		225
Clos Fourtet Pre Grd Cru, Bordeaux, France, 2001		310

ROSE WINE

	GLASS	BOTTLE
Villa Maria Rose, Hawkes' Bay, New Zealand, 2007	20	100

DESSERT WINE

	GLASS	BOTTLE
Muscat De Beaumes De Venise, France, 2004/05	20	120
Anakena, Single Vineyard, Chile, 2006/07		110

 **ORGANIC WINES** **BIO-DYNAMIC WINES**