

THE GOURMET GATEWAY HOTEL

Wellness and Detox Menu

Smoothies and Juices:

- ✓ **Green Detox Smoothie**
A blend of spinach, kale, banana, almond milk, and chia seeds.
Price: \$8.00 - \$12.00
- ✓ **Beetroot Juice**
Freshly squeezed beet juice with ginger and lemon.
Price: \$6.00 - \$10.00
- ✓ **Tropical Fruit Smoothie**
Mango, pineapple, coconut water, and mint.
Price: \$7.00 - \$11.00

Salads:

- ✓ **Quinoa Salad**
Quinoa, cherry tomatoes, cucumbers, and avocado, dressed in a lemon vinaigrette.
Price: \$12.00 - \$16.00
- ✓ **Superfood Salad**
Mixed greens, nuts, seeds, and berries with a superfood dressing.
Price: \$14.00 - \$18.00

Main Courses:

- ✓ **Zucchini Noodles (Zoodles)**
Spiralized zucchini tossed with cherry tomatoes, basil, and olive oil.
Price: \$10.00 - \$15.00

✓ **Grilled Salmon**

Salmon fillet with a side of steamed broccoli and brown rice.

Price: \$20.00 - \$30.00

Soups:

✓ **Detox Vegetable Soup**

A hearty soup made with seasonal vegetables and herbs.

Price: \$8.00 - \$12.00

✓ **Miso Soup**

Traditional Japanese soup made with miso paste, tofu, and seaweed.

Price: \$6.00 - \$9.00

Desserts:

✓ **Chia Seed Pudding**

Chia seeds soaked in almond milk, served with fresh fruit.

Price: \$5.00 - \$8.00

✓ **Raw Energy Bites**

Nut and seed bites sweetened with dates.

Price: \$4.00 - \$7.00

Additional Notes:

- ✓ **Detox Programs:** We offer structured detox programs that include meal plans, smoothies, and wellness coaching. Prices for these programs vary significantly depending on the duration and services included.

- ✓ **Consultation:** It's advisable to consult with a healthcare provider or nutritionist before starting any detox regimen