

## FOOD MENU

### ENTRÉE

- Calamari & shell pasta salad, parsley, citrus DF, GF on request \$22  
Rare tuna with Japanese flavours, tempura crumbs DF, GF \$23  
Tomato & cucumber salad, tahini, spiced dukkha oil V, DF, GF \$15  
Zucchini & sweet potato loaf GF \$21
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### MAINS

- Poached 'Hainanese' chicken, jasmine rice, traditional garnishes DF, GF \$34  
'Crisp' kaitafi wrapped lamb puttanesca, lemon yoghurt DF \$36  
Purple bowl w/ crisp salmon, turmeric dressing GF, DF, VO \$35  
Baked russet potato gnocchi, sugo finto mascarpone gratinee GF \$32

Add tempeh to any main dish for an additional \$5

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### DESSERTS

- Avocado & dark chocolate mousse, red berry compote GF, DF \$17  
Matcha mint slice GF, DF \$15  
Local selection of cheese, fresh apple, roasted nuts,  
quince paste, cornichones, mixed berries, mixed crackers  
GF on request  
\$20 for 2 people, additional person \$10

## DRINKS MENU

### WHITE WINE

	GLASS	BOTTLE
Tamburlaine Organic Sauvignon	\$13	\$63
Oakvale Verdelho	\$16	\$80
Krinklewood Wild Chardonnay	n/a	\$110
Margan Chardonnay	\$13	\$63
Brokenwood Semillon Sauvignon	\$12	\$58
Vivien Rose The Renaissance 375ml	n/a	\$115
Audrey Wilkinson Pinot Grigio	\$15	\$74

### RED WINE

Tamburlaine Organic Wine Lovers Shiraz	\$12	\$58
Brokenwood Cricket Pitch	\$12	\$58
First Creek Botanica Pinot Noir	\$13	\$63
First Creek Botanica Cabernet Sauvignon	\$13	\$63
Vivien Rose Purple Rain (MS) 375ml	n/a	\$115

### ROSE / ORANGE WINE

Krinklewood Sauvage Orange	n/a	\$140
Audrey Wilkinson Rose	\$15	\$74
Oakvale Organic Rose	\$18	\$90

### SPARKLING

Oakvale Elle Prosecco	\$15	\$85
Bimbadgen Moscato	\$12	\$58
Bimbadgen Sparkling Rose	\$12	\$58

### "0" ALCOHOLIC WINE

Krinklewood Liberte Sparkling Rose	n/a	\$85
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## “O” ALCOHOL ALTERNATIVES

All “O” Alcohol Alternatives \$17

### “O” COCKTAIL ALTERNATIVES

Elta Ego Passionfruit Margarita

Elta Ego Mojito

Vok Peach Daiquiri

Noot Ginger Mule

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## COLD-PRESSED BOTTLED JUICES

All cold-pressed bottled juices \$14

### ANTIOX

Apple, raspberry, passionfruit, rhubarb

A vibrant antioxidant-rich blend designed to boost morning vitality.

### BOTANICAL

Apple, spinach, kale, cucumber, celery, lettuce, lemon, ginger

Infused with botanicals for a cleansing, wellness-focused start.

### ENERGISE

Pineapple, silverbeet, spinach, lettuce, lime, mint

Bright and uplifting blend, designed for morning energy and clarity.

### IMMUNITY

Orange, carrot, pineapple, celery, turmeric, lemon

A vitamin-rich option for supporting immune function.

### ROOTS

Beetroot, apple, lemon, ginger

Grounding beetroot-based blend. Ideal for circulation and vitality.

# ELYSIA

WELLNESS RETREAT  
HUNTER VALLEY

## PROTEIN SMOOTHIES

All protein smoothies \$15

### NOURISH & GLOW PROTEIN SMOOTHIE

Banana, rolled oats, Greek yoghurt,  
collagen protein, cinnamon

### GREEN PROTEIN POWER

Spinach, pineapple, mint,  
coconut water, collagen protein

### BLUE BERRY

Banana, blueberry, almond milk,  
spirulina, chia seeds, ginger

### GUT LOVERS DETOX

Banana, peeled lemon, spinach, cilantro,  
ginger, Golden Gut Blend, coconut water

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## TEA AND COFFEE

French press organic coffee \$8

Dandy sticky chai \$8

Lemongrass & ginger tea \$8

Insync \$8

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## WATER

Mt Franklin - Sparking or Still 300ml \$6 750ml \$12

Mt Franklin - Passionfruit, Lime, Pineapple or Raspberry 250ml \$5

San Pelligrino Sparkling 750ml \$13

Kara coconut water 250ml \$5

