

THE LOVE KITCHEN

at **ABSOLUTE SANCTUARY** LAUNCHES NEW SPA- CUISINE MENU.



The importance of taking a holiday at a Spa retreat can be multilayered, although one of the most important ingredients in such a holiday is just that...the ingredients. Absolute Sanctuary is a Moroccan-inspired boutique resort that blends luxurious accommodation with detox and yoga programs to cater to those seeking a journey back to balance, rejuvenation and wellness.

In addition to its Detox Center and Yoga Center, the resort features 38 stylish and enchanting rooms with modern amenities, a beautiful infinity-edge pool, a Spa offering a variety of massage therapies and also an organic, vegetarian restaurant.

PROVIDING PROOF THAT HEALTHY & VEGETARIAN FOOD IS NOT BORING

As a boutique health and wellness resort, Absolute Sanctuary specializes in Signature Detox Programs, world-class yoga retreats as well as workshops to refresh revitalize and rejuvenate.

The Love Kitchen at Absolute Sanctuary is pleased to announce the launch of its new menu, marking a milestone for the wellness resort's popular restaurant. It will see the Love kitchen move from its original focus on a strictly vegetarian menu to one that is spa-cuisine based. The revamped menu will include an expansion in the range of the restaurant's popular vegetarian dishes, as well as an alternative section of healthy fish, seafood & chicken dishes.

Executive Director Claire Bostock-Huang says that "With our new menu we would like to reach out to more people and hope that both vegetarian & non-vegetarian eaters alike will be able to enjoy healthy meals, and also understand that healthy meals need not be limited to vegetarian food. Each dish has been put together with the health & nutritional benefits of our guest in mind which is in line with the wellness concept of our resort."

The highlight of the new menu is the "Alternatives" section which will offer healthy fish, seafood and chicken options. Tempting alternatives which have made their way into the menu include Fresh Catch Thai Spa Style, Steamed Tilapia in Banana leaves with Fresh Fruit Salsa, Chicken Breast



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with Yellow Curry Powder, Cucumber & Yoghurt-Garlic Sauce and Samui Ceviche.

In keeping with the spirit of the resort's Detox theme, the restaurant continues to offer a specialized section of dishes for those who want to cleanse themselves. In this section, detox favourites such as Faster's Salad (green vegetables and purple cabbage served with olive oil and apple cider vinegar), Broccoli Delight and Smooth Move Salad (Green apple & raisin salad tossed with fresh Orange Juice) can be found.

Like all good dining, dining at The Love Kitchen ends on a sweet note with an array of guiltless mouth-watering desserts that do not spoil the waistline. Guests can now contemplate ordering the Coconut Panacotta, Dara's Apple Strudel in Fillo Pastry and Mango & Yoghurt Mousse on top of the usual favourites.

The new menu is the duo effort of Consultant Chef Lisa Esposito & Executive Chef Dara Duchanee (Ning). Miss Esposito is a chef with many years of experience cooking for private yachts & private parties for celebrities in the United States. She is also a yoga teacher thus understands the concept of wellness & eating healthily. Executive Chef Ning's forte is her training in "Balanced Cuisine" from Evason Hua Hin Resort & Spa under Dr. Gary Nile. With Chef Lisa's firsthand experience of understanding the nutritional needs of healthy people due to her yoga background & Chef Ning's training in nutrition & healthy food both have contributed to making the menu stand out from the crowd.

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