

RenewAqua paCafé

juice

*Orange, Grapefruit, Apple,
Cranberry & Grape*

parfait

*Strawberry-Apricot
Low Fat Yogurt Parfait*

*Blueberry-Kiwi
Low Fat Yogurt Parfait*

*Blackberry
Low Fat Yogurt Parfait*

cereal

*Whole Grain Birchermüesli
with Low Fat Yogurt and Berries,
Flax Seed, Pumpkin Seed, Raisins,
Dates & Cranberries*

*Organic Granola with Sun Dried Pears
and Apricots, All Bran, Shredded Wheat,
Oat Bran Flakes, Corn Flakes,
Apple Cinnamon & Oatmeal*

Hot Oatmeal with Honey and Raisins

*with Your Choice of:
Low Fat Yogurt, Low Fat Milk,
Skim Milk, Buttermilk or Soy Milk*

beverages

Herbal Teas & Decaffeinated Coffee

light & crispy organic breads

*Organic Tomato Provençal
with Basilicum Pain*

*Organic Eggplant
and Pearl Onion Pain*

Organic Zucchini and Fresh Thyme Pain

*Organic Yellow Squash
and Mancha Saffron Pain*

Organic Wild Honey and Ginger Pain

Organic à la Orange de Valencia Pain

*Organic Banana de Costa Rica
and Toasted Walnut Pain*

*Organic Carrot de Versailles
and Sultanas Pain*

omelette

*Plain, Spinach or Mushroom
with Freshly Steamed Asparagus,
Fingerling Potatoes
and Cherry Tomatoes*

*with Your Choice of Toast:
White, Whole Wheat or Brown*

freshly made jams

Mango-Lime

*Apricot Nectarine
Wild Berry and Orange Zest*

smoothies

*Longevity Smoothie: Watermelon, Cantaloupe, Strawberry 4.5
& Low Fat Plain Yogurt*

*Ageless Smoothie: Apples, Blueberry, Vanilla Yogurt 4.5
Milk & Honey*

*24 Carrot Gold Smoothie: Sweet Orange, Pineapple 4.5
Banana & Carrot-Pineapple Juice*

Energize Smoothie: Banana, Soy Milk & Honey 4.5

water selection

Vitamin Water: Assorted Flavored Water 3.5

Evian: (one liter) 4

San Pellegrino: (one liter) 4

Perrier: (33cl) 2.5