



LAUREA

Spa

## DETOX MENU

**Quinoa salad, cherry tomato, cucumber, carrots and blueberries**

Salada de quinoa, tomate-cereja, pepino, cenoura e mirtilos

**Steam fish with lemongrass and dashi**

Peixe a vapor com erva-caninha e dashi

**Moroccan lamb broth with taboulet**

Caldo de borrego marroquino com taboulet

**Pineapple confit in spice syrup**

Ananás confitado em calda de especiarias

**or//ou**

## ENERGY MENU

**Banana and raspberry smoothie**

Smoothie banana e framboesa

**Tuna tataki with chia, spinach and blueberries**

Tataki de atum com sementes de chia, espinafres e mirtilos

**Dried banana and apple**

Maçã e banana secas

**Tiles of 80% dark chocolate with dried fruits**

Telhas de chocolate negro 80% com frutos secos

**Tamarillo sorbet with sesame granola**

Sorvete de tomate-ínglês com granola de sésamo