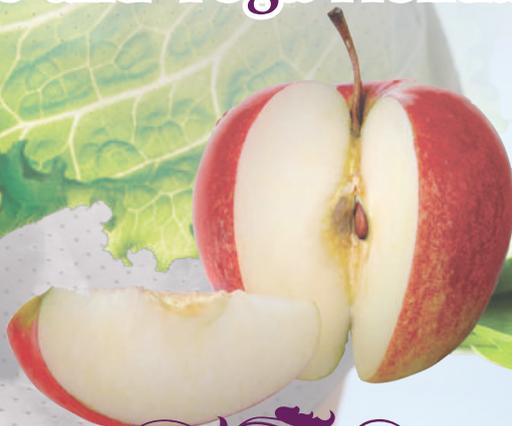




Atmanjai
Detox Yoga Wellness

THE FITNESS AND YOGA HOLIDAY PROGRAM

**This menu is only for participants in
The Fitness and Yoga Holiday Program**





MORNING DRINK

Choose 1 x hot drink and 1 x smoothie or juice from the selection below:

FRESH FRUIT JUICES

Carrot, Orange, Pomegranate or Apple

FRESH MIXED JUICES

Mimosas

Pineapple/ orange/ pomegranate

Radiant Skin

Tomato/ kale / lime / mint

We got the Beet

Beetroot /carrot / apple / ginger / lime

Bunny Love

Carrot / apple / ginger / lime

Orient Enzyme Train

Carrot / apple / pineapple / lime / ginger / mint

GREEN JUICES

Sweet Greens

Apple / kale / spinach / cucumber / parsley / mint / lime

Ginger Greens

Ginger / apple / kale / spinach / cucumber / parsley / lime

Mean Greens

Broccoli / kale / spinach / cucumber / parsley / lime

Thai Greens

Pak choy / kana / lemongrass / ginger / carrot / apple

Sodium Infusion

Celery / Parsley / Apple

COOLERS & SMOOTHIES

Tropical Dream

Pineapple/ coconut/ banana

Ginger Tamarind Cooler

Coconut water, fresh ginger, tamarind and apple juice
A good choice before meals. Ginger and apple soothe digestion

The Atmanjai Cooler

Coconut water, fresh pineapple and fresh coriander leave.
Coconut water replenishes and cools the body while coriander and pineapple support digestion

Coco Magic

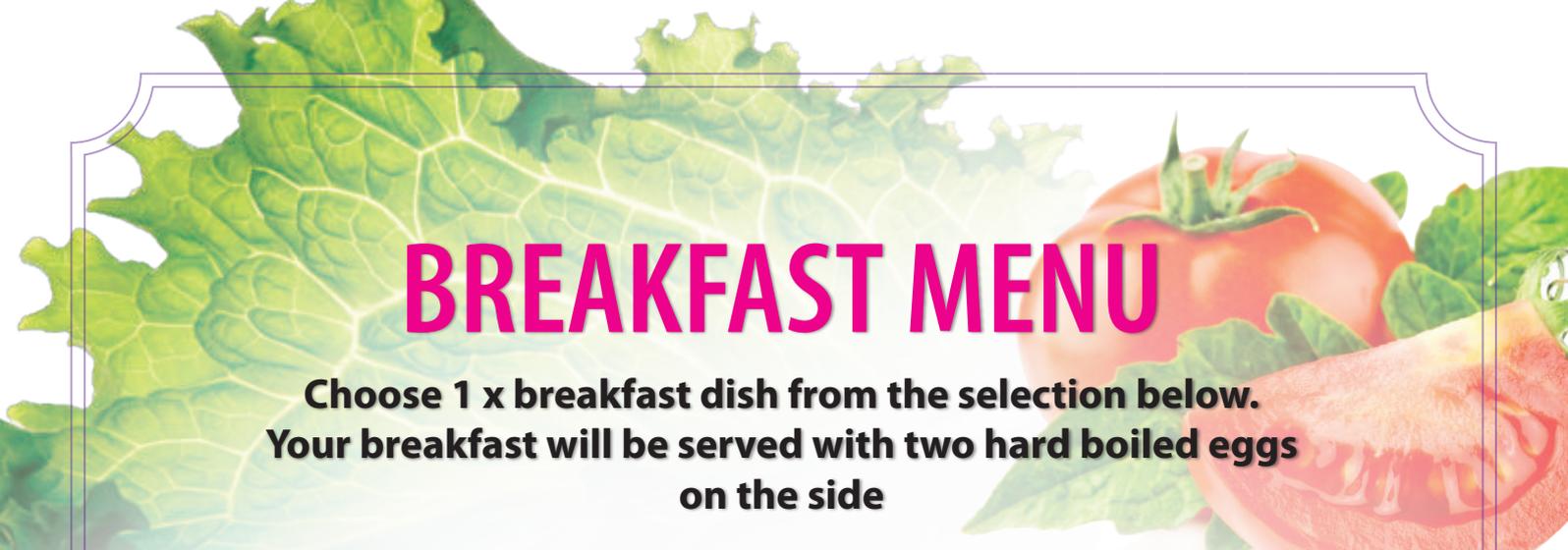
Banana / coconut / cocoa

Boutenko Blaster

Leafy greens / mango / mint / lime / banana

Creamy Mint Julep

Papaya / banana / mango / mint / lime



BREAKFAST MENU

**Choose 1 x breakfast dish from the selection below.
Your breakfast will be served with two hard boiled eggs
on the side**

Porridge / Hot Oatmeal

With apple, raisin & cinnamon

Muesli

With fresh fruits, yoghurt and raw honey
Not good for weight loss

Morning Magic

Fresh papaya and mango topped with yoghurt & bee pollen

LUNCH

**Choose 1 x salad from the selection below and your
preferred protein. Served with brown Jasmine rice,
(except Brown Rice Salad)**

Tuna Poppers

Peppered tuna cubes grilled med-rare, with a Wasabi mayo
and market greens

Beetroot & Walnut

Steamed beets served with pumpkin seed & cashew nut
compote

Broccoli, Avocado and Mango Salad

Mixed avocado, mango, broccoli, red onion, sesame seed and
raisins with apple cider vinaigrette sauce



Raw Rice and Veggie Salad

Sesame scented rice with green beans, sweet peppers, cashews, tomato, jicama, and sprouts, apple cider vinaigrette

Memo Salad

Vegetables chopped small Mediterranean style

Mixed Green Salad

Seasonal leafy greens with market veggies and Chef Charley's house dressing

Greek Style

Mixed greens and shredded cabbage with feta cheese, black olive, cashew, jicama, tomato, cucumber and apple cider vinaigrette

Brown Rice Salad (contains carbs)

Mixed with sprouts, green beans, sweet peppers, tomato, feta, cashews, jicama, apple cider vinaigrette

Japanese Style Salad

Mixed crisp vegetables, with a sesame shoyu dressing and dried figs

Tuna

Tuna blended with mayo, egg on bed of mixed greens, tomato, cucumber, onion

Protein Portion: Your choice of one of the following ;

Grilled prawns, chicken breast, salmon filet, hardboiled egg, feta cheese, or grilled tofu



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DINNER

Your choice of 1 x soup and either 1 x salad or
1 x main course

SOUPS

Power Broth

Clear fresh market vegetable soup with garlic and apple cider vinegar

Lentil

Delicious, hearty lentil soup with tomato, garlic, spinach, carrot and onion

Broccoli

Rich in anti-oxidants, home-made using florets of organic broccoli

Pumpkin & Carrot

A delicious blend with a hint of Indian spices

Gang Jued Pak

Clear broth with vegetables

SALADS

Any of the salads + protein portion in the lunch list, except Brown Rice Salad.



MAIN COURSES

Zucchini Pasta

Raw organic zucchini topped with fresh basil pesto, raw tomato sauce and raw cheese

Raw Vegetable Lasagna

Simply stunning! With pesto and marinara sauces, cashew "cheez" and marinated veggies

Raw Nori Rolls

5 pieces of our special raw Nori with jicama, sesame scented rice, Julienne vegetables, and cashew puree, served with Wasabi and soy sauce...

Freshly made to order

Almost Raw Pad Thai

A delicious healthy interpretation of this classic Thai dish made from raw papaya noodles

Supernatural Fitness Special

Your choice of chicken breast, or salmon, or sea-bass

Served with steamed vegetables and fresh salad