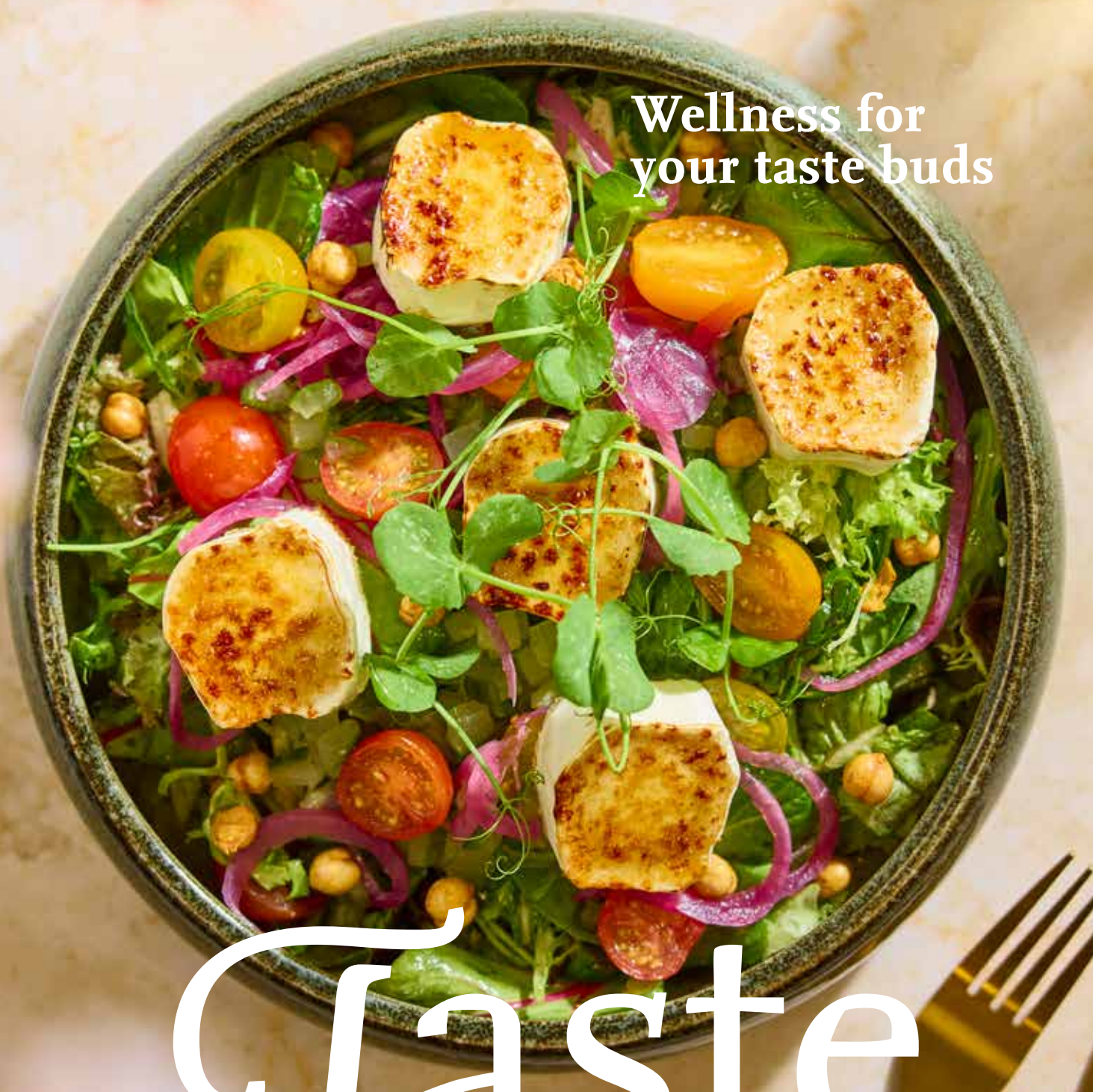


MENU

Wellness for
your taste buds



Taste

AND FEEL GOOD

WELLNESS FOR YOUR TASTE BUDS

What makes dishes truly special? Passion and sophistication, if you ask me. A love of ingredients, carefully selected produce and the tastiest seasonal foods – preferably from the local area. The incredible flavours in our dishes are proof of our dedication to wholesome, good food. Cooking with regionally sourced, seasonal products is the only way to deliver quality as a chef. It's what our kitchen is all about, underpinning the gorgeous flavours of every dish. But perhaps our favourite ingredient is our love of the good life, which really is the soul of this menu – a celebration of our region and its food. Every dish, every flavour is wellness for your taste buds. Experience our unique dishes and taste the positive energy we add to each one of them.

Enjoy your meal! Let your taste buds guide you.

Danny
Head chef

BEFORE YOU START ENJOYING

good, wholesome and tasty

Here's an appetiser – in words this time – to tell you all about our good, wholesome and delicious food and drinks. Or as we call it: wellness food. Take your time choosing what you fancy. If you need some inspiration, read the stories behind our wholesome ingredients and lovingly prepared dishes.

This is the place to unwind and treat yourself to some seriously good-for-you wellness food. It's a place to honour your body with our broad selection of delicious and nutritious wellness food. Our kitchen and restaurant is all about serving good, tasty and healthy dishes that make you shine on the inside and out!

Wellness food, made with love and attention

As specialists in wellness food, our chefs hand-pick wholesome, healthy and locally sourced ingredients that are bursting with wonderful, natural flavours. All products and ingredients are selected with love and attention, because it's only good enough for you when it feels right for us. We can trace the origins of all products we use, starting with the herbs we grow in our own herb garden. Any products we buy come directly from the local grower or farmer whenever possible. The food on your plate may have grown or been reared just a few fields away.

Natural flavours, straight from the source

Our chefs don't just pick and choose whatever they feel like. They carefully make their selections based on what's good for the world and for you. Each snack and dish is prepared according to that same wholesome philosophy: less sugar and fat where possible, and no unnatural additives when none are needed. Let your taste buds guide you as you explore our wholesome menu magazine. Our wellness food is happy food, so pick whatever brings you joy – from fresh and sweet smoothies to delicious sandwiches, crisp fresh salads and juicy beef burgers. There's no rush. You have the luxury of time. Feel free to relax and browse at your leisure.

Bon appétit!

Allergies

Food allergies are common. Please let our staff know of any allergies they should be aware of while preparing your meal. We want you to feel good and keep feeling good while you're visiting us. Our food specialists are at your service to provide personalised advice on our delicious menu, so you can indulge with peace of mind.

Homegrown, local flavours

OUR SUPPLIERS ON THE MAP

When it comes to taste, nothing beats local. That's what we believe in – with a few exceptions! That said...

We source most of our ingredients from the regional suppliers based just around the corner or our own country. It's the key to serving our wholesome, sustainable food. We know the growers and farmers and understand how much passion and love they have for their products. You can taste that in all the delicacies on our menu.



1. Lemmens Bakery - Margraten

Nothing beats a Limburg 'vlaai'! This typical Limburg delicacy, a sort of sweet tart, just had to be on our menu. Peter Lemmens and his team know better than anyone else how to bake a real Limburg 'vlaai' in the traditional way, with passion and love for the ingredients. It's been a household name in Maastricht and surrounds for over 40 years.

2. Gielke - Landgraaf

Our chefs absolutely love the potatoes from Gielke from Landgraaf – so will you after tasting their delicious fresh chips. The best potatoes from the land, hand-scrubbed, sliced and packed and refrigerated on the spot. You don't get them much fresher than this.

3. Segafredo

Enjoy Segafredo Impronte, a premium Italian blend of Arabica and Robusta beans, roasted locally in Groningen. The name Impronte (footprint) reflects their strong focus

on sustainability: the coffee is 100% organic, Rainforest Alliance certified and packaged in recyclable material. Each cup is a responsible choice that also supports the Fondazione Zanetti Onlus.

4. Senza Tea

Not just any cup of tea, but a conscious choice for taste and impact. Senza (Italian for 'without') provides premium loose tea, minimising unnecessary packaging waste. A large part of their pure tea selection is organic (Skal-certified), which emphasises their commitment to environmentally friendly growing methods.



HOT BEVERAGES

Chai latte 5.5
Dirty Chai latte 7

Coffee 4
Coffee large 5.5
Cappuccino 4.3
Cappuccino large 6
Latte macchiato 5
Espresso 4
Double espresso 5
Hot chocolate 5

Prefer
lactose-free?
Oat milk
+ 1

FROZEN CAPPUCCINO 7

Prefer caramel, white chocolate or hazelnut?
Surcharge + 0.5

COFFEE SPECIALS 8.5

Choose from:

Thermen coffee with Baileys
Spanish coffee with Tia Maria
Italian coffee with Amaretto
Irish coffee with whiskey
French coffee with Cointreau
Served with whipped cream

GOURMET COFFEE 8

Salted caramel Latte macchiato with salted caramel, whipped cream and fudge
Brownie Latte macchiato with chocolate, whipped cream and brownie

Coffee made from certified organic coffee beans, roasted at the Segafredo roastery in Groningen

PÂTISSERIES

From Patisserie Peter Lemmens
Limburg sweet tart 6
Seasonal pastry 8 (*vegan & gluten-free*)

Prefer whipped cream? Surcharge + 1.5

Truly good tea

Tea has its origins in ancient China. The story goes that a Chinese emperor was heating water and wild tea leaves accidentally ended up in the water. He smelt the delicious aroma of tea as we know it today and decided to taste it. Since then, we have been drinking tea all over the world.

TEA

SENZA TEA (*organic leaf tea*) 4

Choice of: English Breakfast, Green Leaf, Jasmine Blossom, Wild Rooibos, Rooibos Ginger Lemon or Camomile Garden

FRESH HERBAL TEA 5.5

Available with or without honey.

Fresh mint

Fresh ginger

Immune system (*ginger & basil*)

A boost for your immune system

Relax (*star anise, thyme & mint*)

A delicious infusion to unwind a little

Happiness (*rosemary & orange*)

A glassful of joy

Passionate (*ginger, cardamom & lime*)

Spicy thanks to the ginger, warm thanks to the cardamom, fresh thanks to the lime

Ultimate enjoyment



COLD BEVERAGES & SMOOTHIES

FROZEN SMOOTHIE 8.5
Mango & passion fruit

COLD BEVERAGES

DOUBLE DUTCH 5

Indian Tonic, Ginger Ale, Pink Grapefruit, Double Lemon or Ginger Beer

SOFT DRINKS *sugar-free* 4.3

Pepsi Zero, 7UP Free, Rivella or Tomato juice

SOFT DRINKS 4.3

Pepsi, Lipton Ice Tea Sparkling, Lipton Ice Tea Green, Royal Club Cassis, Royal Club Apple juice or Sisi Orange

APFELSCHORLE 7.5

JUICE

ORANGE JUICE 8

MIX OF ORANGE JUICE/GRAPEFRUIT JUICE 7

WELLNESS JUICE 8

YOGHURT BOWL UNTIL 4.30 PM

GRANOLA 11

Yoghurt bowl with Fresh fruit and granola

The yoghurt bowl is served with maple syrup or honey.

SPRING WATER

Jug of water with ice and lemon 5

Sourcy blue/red 0.2l 4.3

Sourcy blue/red 0.75l 7

HOMEMADE ICE TEA 7

Elderflower or raspberry



Bursting with flavours and colour

Our homemade smoothies are made with fresh fruit, healthy vegetables and a splash of love. They're also brimming with natural minerals, fibre, enzymes, antioxidants and vitamins. Each of our smoothies is a blessing for your digestion, bones and heart. It's a whole body experience – just like your wellness day.

SMOOTHIES

DETOX SMOOTHIE 8.5

Strawberry, banana, blueberry, orange juice, apple juice and low-fat yoghurt ice cream

PASSION JUICE 8.5

Passion fruit, mango, peach, orange juice and low-fat yoghurt ice cream

GREEN SMOOTHIE 8.5

Spinach, avocado, almond, coconut and cinnamon

SEASONAL SMOOTHIE 8.5



Mojito

COCKTAILS

PASSIONFRUIT MARTINI 13

Ketel One Vodka, passion fruit, lime and Bourbon vanilla

MOJITO 14

Captain Morgan White Rum, fresh mint and lime

RELAX ON THE BEACH 13

Ketel One Vodka, Peach Tree, orange and cranberry

CLOVER CLUB 13

Tanqueray London Dry, raspberry and rose

APEROL SPRITZ 13

Aperol, cava and sparkling water

GIN TONIC 14

Tanqueray Gin and tonic

SANGRIA 9.5

Orange, mint and red fruits

COCKTAIL OF THE MONTH 14

Ask one of our staff members

MOCKTAILS

VIRGIN PASSIONFRUIT MARTINI 10

Tanqueray 0.0, passion fruit, Bourbon vanilla and vegan protein

VIRGIN CLOVER CLUB 10

Tanqueray 0.0, raspberry and vegan protein

WHITE WINE

El Pez Volador Verdejo | Rueda, Spain |

Glass 7 Bottle 34

Verdejo with citrus, peach and fennel. Fresh, aromatic wine with tropical fruit and lively acidity

Epicuro Pinot Grigio | Sicily, Italy |

Glass 8 Bottle 40

Pinot Grigio with peach and pear. Dry, light and smooth with a fresh drinkability and soft fruitiness

Salentein Chardonnay | Valle de Uco, Argentina |

Glass 10 Bottle 51

A rich and fresh Chardonnay with aromas of citrus, white peach and tropical fruit, complemented by mineral notes and subtle hints of caramel, honey and vanilla

Steininger Grüner Veltliner | Kamptal, Austria |

Glass 9 Bottle 45

Grüner Veltliner with white fruit, a hint of pepper and fresh minerality. Lively, elegant and refreshing, with soft acidity

Du Maréchal Blanc Viognier | Roussillon, France |

Glass 9 Bottle 45

Muscat and Viognier create an aromatic biodynamic wine with floral notes, grapefruit and fresh fruit tones. Elegant balance with subtle Muscat notes and a smooth finish

SPARKLING

Prosecco Treviso DOC | Veneto, Italy |

Glass 8 Bottle 40

Fresh sparkling wine with aromas of green apple, pear and citrus, refined with white blossom. Lively mousse, elegant balance and a wonderfully drinkable character

Cava Zero 0.0 | Catalonia, Spain |

Glass 8 Bottle 40

Codorníu Zero is a delicious alcohol-free sparkling wine. The fresh citrus flavours and tropical fruit are perfect for any occasion that calls for an alternative sparkling wine. A fine, delicate mousse, fruity character and harmonious

Ayala Champagne Brut | Champagne, France |

Bottle 37.5cl 40 Bottle 75 cl 70

Fresh and elegant champagne with notes of citrus, flowers and white fruit. Well-balanced, refined structure, with a lively freshness and a long, delicate finish

ROSÉ

Cazal Viel Rosé | *Languedoc, France* |

Glass 7 Bottle 34

A fresh southern French rosé blend of Grenache, Cinsault and Syrah with aromas of red fruit and subtle flowers. Lean, dry and refreshing with an elegant fruity character

Epicuro Rosato | *Puglia, Italy* |

Glass 8 Bottle 40

Rosé from Primitivo and Negroamaro grapes with notes of strawberry, cherry and roses. Soft, juicy and fresh with a long, fruity finish and aromatic spiciness

Les Auzines Rosé | *Corbières, France* |

Glass 9 Bottle 45

A full-flavoured rosé blend of Syrah, Grenache and Cinsault, with notes of red fruit and a hint of spice. Elegant, fresh and rich in flavour with a long, aromatic finish

RED WINE

Farina Rosso | *Veneto, Italy* |

Glass 7 Bottle 34

Blend of Corvina, Rondinella and Molinara with juicy cherry and strawberry aromas. Smooth, fruity red wine with a soft structure and a cheerful, pleasant character

Epicuro Negroamaro | *Puglia, Italy* |

Glass 8 Bottle 40

Negroamaro with notes of wild berries, plums and red currants. Fresh, fruity and subtly spicy, with soft tannins and a long, pleasant finish

Salentein Pinot Noir | *Valle de Uco, Argentina* |

Glass 10 Bottle 51

A soft and elegant Pinot Noir with refined aromas of ripe cherries, strawberries and subtle herbs such as thyme and oregano, beautifully balanced by a fresh acidity

Du Maréchal Syrah-Grenache | *Roussillon, France* |

Glass 9 Bottle 45

The blend of Syrah and Grenache grapes offers red fruit notes, gentle spice and Mediterranean warmth. A smooth, biodynamic wine with a soft structure, good balance and a characterful, pleasant finish



BEER OF THE SEASON 8

Rosé beer is fresh, fruity, slightly sweet and not too bitter. Something different from lager or specialty beer

BEER

DRAUGHT

Grolsch 0.25l 4.5

Grolsch 0.50l 8.5

Grolsch Weizen 0.30l 5.8

Grolsch Weizen 0.50l 8.8

Hangende Harry IPA 7.5

BOTTLED

Grolsch Radler 2.0 5.8

Grimbergen Dubbel 8

Grimbergen Blond 8

Fourchette 8

Duvel 8

NON-ALCOHOLIC AND LOW-ALCOHOL

Grolsch 0.0 5.8

Grolsch Weizen 0.0 5.8

Grolsch Radler 0.0 5.8

't IJ Vrijwit 0.5 5.8

Liefmans 0.0 5.8

The kitchen is open every day
from 12.00 pm - 9.00 pm

The restaurant/bar is open every day
from 10.00 am - 10.30 pm

Flammkuchen salmon



Fresh

CRISPY

LUNCH UNTIL 4.30 PM

FLAMMKUCHEN 16

Flammkuchen topped with smoked salmon, sour cream, capers, dill, tomato, red onion and cheese

FOCACCIA HUMMUS 15 (vegan)

Focaccia with spicy hummus, grilled zucchini, bell pepper, red onion and rocket

BEEF CARPACCIO 16

Sourdough bread with beef carpaccio, aceto balsamico, mixed seeds, sun-dried tomato, rocket and Grana Padano

THERMEN MAASTRICHT 17

Sourdough bread with smoked salmon, homemade tuna salad, honey mustard sauce, tzatziki, tomato, pickled red onion and wasabi mayonnaise

EGGS BENEDICT 16 (vegetarian)

Brioche bread with smashed avocado, poached egg and hollandaise sauce. *Prefer smoked salmon? Surcharge + 4*

CLUB SANDWICH 18

Toasted bread with chicken, bacon, egg, little gem lettuce, tomato and sriracha mayonnaise. Served with fresh chips and mayonnaise

SALADS

POKE BOWL 22 (vegan)

Sushi rice with edamame, cucumber, corn, carrot, radish, avocado, sun-dried tomato and vegan sriracha-mayonnaise. Prefer salmon or chicken? Surcharge + 4

Wine suggestion: El Pez Volador Verdejo | Rueda, Spain |

BURRATA 21 (vegetarian)

Salad with creamy burrata, tomato, basil, pesto, red onion and cucumber. Served with crispy focaccia

Wine suggestion: Steininger Grüner Veltliner | Kamptal, Austria |

GOAT CHEESE 19 (vegetarian)

Salad with caramelised goat cheese, pickled radish, cucumber, carrot, red onion, lime and a nourishing, healthy crumble of crispy seeds with goji berries, enchanting spices and shiso

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |

ASIAN BEEF 22

Stir-fried beef strips with bell pepper, red chilli, beech mushrooms, toasted sesame seeds, spring onion and a teriyaki sauce

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |

Our salads are served with bread and butter. Prefer fresh chips? No problem! Surcharge + 4 euro

Prefer
gluten-free?
Gluten-free
bread + 2

Tasty surprises

Lamb Tajine

LEG OF LAMB

This lovely cut of lamb comes from the rear of the lamb, just above the hind leg near the hip. This is the upper part of the gluteal muscle: a muscle that gets enough exercise to develop flavour, but is not subjected to such heavy strain that the meat becomes tough. The result is a deliciously tender and juicy piece of meat with a rich, mild flavour. A classic that demonstrates how simplicity and quality come together.

SOUPS

HARIRA MOROCCAN SOUP 7

Moroccan soup with tomato, chickpeas, leek, vermicelli and chicken. Served with bread and butter

SOUP OF THE DAY 8

Seasonal soup of the day. Served with bread and butter

SELECTION MENU

2-COURSE MENU 33

Choose from the following starters and main courses

STARTERS

A tataki of watermelon paired with wholesome quinoa, goat cheese, fresh rocket and red fruit

Beef carpaccio with aceto balsamico, rocket, Grana Padano and mixed seeds

Marinated salmon with vadouvan cream, red curry crackers, oriental vegetables and wasabi pearls

Did you know that you can also order our starters separately?

MAIN COURSES

Fresh fish with crisp asparagus, baby potatoes, samphire, spinach, cherry tomatoes, lemon and Hollandaise sauce

Ramen broth (vegetarian) with udon noodles, egg, shiitake mushrooms, edamame, carrot, seaweed, and tofu
Prefer chicken? No problem! Surcharge for chicken + 4

Chicken thigh satay with satay sauce, atjar, cassava crackers, sriracha mayonnaise and fresh chips

DISHES

LAMS TAJINE 24 (vegetarian available)

Slow-cooked lamb leg with wholesome couscous, an aromatic spiced tomato sauce, caramelised onion and raisins, vibrant zucchini, carrot and chickpeas

Wine suggestion: Grüner Veltliner, Steininger | Kamptal, Austria |

CORN-FED CHICKEN 23

Corn-fed chicken with tarragon jus, bell pepper, leek, courgette, beech mushrooms, red onion and unpeeled baby potatoes

Wine suggestion: Du Maréchal Syrah-Grenache | Roussillon, France |

FRESH FISH 24

Fresh fish with asparagus, unpeeled baby potatoes, samphire, spinach, cherry tomato, lemon and Hollandaise sauce

Wine suggestion: Salentein Chardonnay | Valle de Uco, Argentina |

SCAMPI ARRABIATA 23 (vegetarian available)

Linguine with scampi, arrabiata, tomato, garlic, pepper and spinach

Wine suggestion: Epicuro Pinot Grigio | Sicily, Italy |

RAMEN BOUILLON 22 (vegetarian)

Ramen broth with udon noodles, egg, shiitake mushrooms, edamame, carrot, seaweed, and tofu

Prefer chicken? No problem! Surcharge + 4

Wine suggestion: Epicuro Rosato | Puglia, Italy |

BEEF BURGER 22 (vegetarian available)

Beef burger with lettuce, pickle, smoky BBQ sauce, onion, and cheddar. Served with fresh chips and mayonnaise

Wine suggestion: Les Auzines Rosé | Corbières, France |

SIDE DISHES

Can only be ordered with a lunch or main course

Fresh chips with mayonnaise 5 (vegetarian)

Truffle chips with Grana Padano 8 (vegetarian)

Green salad with cucumber, onion and tomato 5 (vegan)

Rustic bread with aioli and olive tapenade 8 (vegetarian)



Fresh fruit with forest fruit ice cream

So delicious...

DESSERTS

FRESH FRUIT WITH FOREST FRUIT ICE CREAM 10

Fresh fruit served with forest fruit yoghurt ice cream, whipped cream and a crispy traditional 'kletskep' biscuit

COFFEE COMPLETE 10

Coffee or tea, served with a variety of sweet treats and liqueur

TIRAMISU 9

Classic tiramisu made with ladyfingers, coffee, amaretto, and cocoa

CRÈME BRÛLÉE 10

Crème brûlée with tonka bean and caramel ice cream

Tip! A delicious cocktail to round off your dinner

PASSIONFRUIT MARTINI 13

Ketel One Vodka, juicy passion fruit, lime and Bourbon vanilla

Bites

WHOLE SOME AND DELICIOUS

CAN BE ORDERED UNTIL 9.00 PM

GYOZA 6 gyoza 8

Chicken gyoza with hoisin dip

FOCACCIA 7 (vegetarian)

Focaccia with pesto, garlic and tomato

FALAFEL BITES 8 pieces 9 (vegetarian)

Falafel bites with tzatziki dip

BREAD PLATTER 8 (vegetarian)

Bread platter with aioli and olive tapenade

CALAMARIS 9

With aioli and lemon

CROQUETTES 6 croquettes 8.5 12 croquettes 15

Croquettes with mustard

SPRING ROLLS 12 rolls 9 (vegetarian)

Spring rolls with chilli sauce

NACHOS 10 (vegetarian)

Nachos with guacamole and sour cream

NACHOS TEX MEX 12

Nachos Tex-Mex style with minced meat and beans

APPETISERS 10 gyoza 12

Can be ordered until 10.30 pm



