

Lua BEACH HOUSE

Spa Menu

to start ...

Avocado and grapefruit tartar

Pink grapefruit, Caribbean avocado, passionfruit dressing
210 kcal – Fat 12g, Carbohydrates 15g, Fiber 10g, Protein 2g

Or

South bank superfood salad

Avocado, puffed quinoa, tomato, cucumber, radish, broccoli,
feta, and sunflower seeds with lime matcha dressing
435 kcal – Fat 29g, Carbohydrates 30g, Fiber 10g, Protein 12g, Sodium 275mg

to follow ...

Banana leaf-wrapped steamed salmon

Lemon-herb marinade, organic broccolini, wild black rice
585 kcal – Fat 29g, Carbohydrates 85g, Fiber 20g, Protein 45g, Sodium 475mg

Or

Zucchini zoodles

Fresh garlic, cherry tomatoes, extra virgin olive oil,
homegrown basil pesto
585 kcal – Fat 29g, Carbohydrates 85g, Fiber 20g, Protein 45g, Sodium 475mg

to finish ...

Chocolate avocado mousse

Fresh berries
275 kcal – Fat 32g, Carbohydrates 35g, Fiber 9g, Protein 6g, Sugar 12g

