

## Dienas Spa ēdienkarte Day Spa Package menu

### POKE

Lasis, avokado, edamame, jūraszāle, burkāns, ingvers, sarkanais kāposts, ponzu goma  
Salmon, avocado, edamame, seaweed, carrot, ginger, red cabbage, ponzu goma

8.50 EUR

Tuncis, avokado, edamame, jūraszāle, burkāns, ingvers, sarkanais kāposts, ponzu goma  
Tuna, avocado, edamame, seaweed, carrot, ginger, red cabbage, ponzu goma

9.00 EUR

Pikants lasis, edamame, gurķis, kāposts, redīss, marinēts ingvers, terijaki-čili majonēze  
Spicy salmon, edamame, cucumber, cabbage, radish, pickled ginger, teriyaki-chili mayo

8.50 EUR

Pinkants tuncis, avokado, kāposts, gurķis, burkāns, kimči, kimči-čili mērce  
Spicy tuna, avocado, cabbage, cucumber, carrot, kimchi, kimchi-chili dressing

9.00 EUR

Abura age tofu, avokado, edamame, sarkanais kāposts, burkāns, marinēts ingvers,  
ponzu-miso mērce

Abura age tofu, avocado, edamame, red cabbage, carrot, pickled ginger,  
ponzu-miso dressing

6.00 EUR

Vistas tsukane, gurķis, redīss, burkāns, sarkanais kāposts, terijaki glazūra, čili majonēze  
Chicken tsukane, cucumber, radish, carrot, red cabbage, teriyaki glaze, chili mayo

6.50 EUR

Tīgergarneles, avokado, gurķis, mango, burkāns, sarkanais kāposts, edamame, redīss,  
Korejiešu BBQ majonēze

Tiger shrimps, avocado, cucumber, mango, carrot, red cabbage, edamame, radish,  
Korean BBQ mayo

10.00 EUR

Liellopa tatakī, avokado, edamame, redīsi, burkāni, gurķi, ingvers, sarkanais kāposts,  
dragon majonēze

Beef tatakī, avocado, edamame, radish, carrot, cucumber, ginger, red cabbage,  
dragon mayo

12.00 EUR

Izvēlies savu POKE ar suši rīsiem, kvinoju vai griķu nūdelēm  
Choose your POKE with sushi rice, quinoa or soba noodles

### ZUPA UN SALĀTI / SOUP AND SALADS

Vienmēr svaigākā dienas zupa

We always have the freshest soup of the day

4.90 EUR

Dienas salāti

Salad of the day

6.00 EUR

### DESERTI / DESERTS

Kazas siera panna cotta ar rabarberu čatniju

Goat cheese panna cotta with rhubarb chutney

6.00 EUR

Siera kūka ar zemeņu mērci un svaigām ogām

Cheesecake with strawberry coulis and fresh berries

6.50 EUR

\* Par ēdiena sastāvā esošajiem alergēniem, lūdzu, jautāties viesmīlim.

\* Please ask your waiter if you require any information regarding food allergens.

## Fitnessa kokteiļi Fitness Shakes

### KOKTEILIS ENERĢIJAI

Ieteicams lietot 20-30 minūtes pirms treniņa.

Sastāvs: Svaigi spiesta apelsīnu sula, laima sula, ananass, banāns, Guarana

ENERGISING SHAKE

Recommended 20-30 minutes prior to training.

Ingredients: Freshly squeezed orange juice, lime juice, fresh pineapple, banana, Guarana

5.50 EUR

### KOKTEILIS SPĒKAM

Sastāvs: Svaigi spiesta apelsīnu sula, laima sula, ananass, piparmētru lapas, Amino Boost.

RESTORATIVE SHAKE

Ingredients: Freshly squeezed orange juice, lime juice, fresh pineapple,

mint sprigs, Amino Boost

5.50 EUR

### KOKTEILIS TĀUKU DEDZINĀŠANAI

Ieteicams lietot 20-30 minūtes pirms treniņa.

Sastāvs: Svaigi spiesta greipfrūtu sula, ābolu sula, melone, L'Carnitin

FAT BURNING SHAKE

Recommended 20-30 minutes prior to training.

Ingredients: Freshly squeezed grapefruit and apple juice, fresh melon, L'Carnitin

5.50 EUR

### PROTEĪNA KOKTEILIS

Sastāvs: Svaigi spiesta sula (Apelsīnu, Ābolu vai Greipfrūtu) un Pro-5

PROTEIN SHAKE

Ingredients: Freshly squeezed juice (Orange, Apple or Grapefruit) and Pro-5

5.50 EUR

### MINERĀLVITAMĪNU KOKTEILIS

Sastāvs: Svaigi spiesta greipfrūtu sula un melone.

MINERAL-VITAMIN SHAKE

Ingredients: Freshly squeezed grapefruit juice and fresh melon,

Fit active cranberries

5.50 EUR

## Dzērieni Drinks

### BEZALKOHOLISKIE DZĒRIENI / NON-ALCOHOLIC DRINKS

Ūdens / Water S. Pellegrino / Aqua Panna 0.25cl 2.70 EUR

Fanta / Sprite / Coca - Cola / Coca - Cola light 2.70 EUR

Lime Breeze 6.50 EUR

Saldējuma kokteilis (ar apelsīnu vai ananāsu sulu)

Ice-cream Shake (mixed with orange or pineapple juice) 5.00 EUR

Svaigi spiestas sulas (Apelsīnu, Greipfrūtu, Ābolu, Burkānu)

Freshly squeezed juices (Orange, Grapefruit, Apple, Carrot) 4.50 EUR

Attīrošais svaigu sulu kokteilis "Detox"

Fresh juice cocktail "Detox" 4.50 EUR

Kokteilis "Augļu paradīze"

Cocktail "Fruit Paradise" 4.50 EUR

Svaigu sulu kokteilis "Atspirdzinošs"

Fresh juice cocktail "Refreshing" 4.50 EUR

### KARSTIE DZĒRIENI / HOT BEVERAGES

Kafija/ Espresso

Coffee/ Espresso 2.70 EUR

Kapučīno/ Kafija Late

Cappuccino/ Caffe Late 3.50 EUR

Tēja pēc Jūsu izvēles (Tea Forte)

Pot of Tea "Tea Forte" of Your Choice (Organic) 3.50 EUR

### ALKOHOLISKIE KOKTEIĻI / ALCOHOL COCKTAILS

Mimosa 5.80 EUR

Strawberry Daiquiri 7.00 EUR

Mojito Classic 8.50 EUR

### ŠAMPANIETIS / CHAMPAGNE

Taittinger Brut Reserve 75cl 80.00 EUR

Taittinger Brut Reserve 37.5cl 42.00 EUR

Taittinger Brut Reserve 15cl 18.00 EUR

### VĪNS / WINE

Baltvīns / White Wine 15cl 5.00 EUR

Conti Formentini Pinot Grigio, Italy 75cl 25.00 EUR

Mājas vīns / House Wine 15cl 4.50 EUR

75cl 20.00 EUR

Sarkanvīns/ Red Wine 15cl 9.25 EUR

Marchesi Mazzei Fonterutoli, DOCG, Chianti Classico, Italy 75cl 46.25 EUR

Mājas vīns / House Wine 15cl 4.50 EUR

75cl 20.00 EUR

Sārtvīns/ Rose Wine 15cl 7.70 EUR

E. Guigal Tavel Rose, Rhone, France 75cl 38.50 EUR

Terra Serena Prosecco 20cl 9.00 EUR

Rīgas Šampanietis Brut 75cl 20.00 EUR