

# absolute spa cuisine

indulge guilt free in local products, rich with flavour and low in remorse.

beyond introduces absolute spa cuisine. working together with highly regarded nutritionalist jacqueline ehlert, executive chef cale gault has created this 3 course menu; analyzed to reflect healthy dining without losing gourmet taste.

beyond is pleased to offer the following choices as individual a-la carte options, or enjoy as a 3 course menu for only 38 including one starter, one entree and dessert.

## starters

### **organic beef carpaccio** **13**

comet's tail crust, white truffle, arugula & shaved parmigiano reggiano

total calories: 225; protein: 27g; carbohydrates: 1.44g; fiber: .22g; fat: 12g;

saturated fat: 5.5mg; trans fats: 00; cholesterol: 69mg; vitamin C: 1mg; vitamin D: .14;

vitamin B12: 1.24mcg; calcium: 251mg; sodium: 935mg; potassium: 352mg; zinc: 4mg; iron: 2mg

### **iced spot prawns** **14**

heirloom tomato & horseradish gelee with fresh lemon sorbetto

total calories: 161; protein: 24g; carbohydrates: 11g; fiber: 2g; fat: 2.26g;

saturated fat: 0.44mg; trans fats: 00; cholesterol: 170 mg; vitamin C: 23mg; vitamin D: 4mg;

vitamin B12: 1mcg; calcium: 88mg; sodium: 821mg; potassium: 519mg; zinc: 1.55mg; iron: 3.20 mg

## entrees

### **roasted pacific halibut filet** **22**

sauteed summer leaves with truffled okanagan apricots & toasted almonds

total calories: 350; protein: 33.28g; carbohydrates: 25.25g; fiber: 3.23g; fat: 13g;

saturated fat: 1.50mg; trans fats: 00; cholesterol: 45mg; vitamin C: 18mg; vitamin D: 21mg;

vitamin B12: 2mcg; calcium: 182mg; sodium: 171mg; potassium: 1390mg; zinc: 1.23mg; iron: 4mg

### **sous vide venison loin** **24**

date crust with quinoa salad, micro greens & goji berry jus

total calories: 529; protein: 41g; carbohydrates: 68g; fiber: 6.5g; fat: 13g;

saturated fat: 2g; trans fats: 00g; cholesterol: 29mg; vitamin C: 4mg; vitamin D: 00;

vitamin B12: 00; calcium: 70mg; sodium: 765mg; potassium: 759mg; zinc: 2mg; iron: 9mg

## dessert

### **yogurt semi freddo** **6**

poached local red plums with slivered pistachio

total calories: 273; protein: 7g; carbohydrates: 54g; fiber: 2.5g; fat: 5g;

saturated fat: 1g; trans fats: 00; cholesterol: 3mg; vitamin C: 10mg; vitamin D: 00;

vitamin B: 0mcg; calcium: 137mg; sodium: 69mg; potassium: 484mg; zinc: 1mg; iron: 1.5mg

## wines

**desert hills** unoaked chardonnay 2006 gl. **7.5**    btl. **35**

*dry with luscious flavours of apple and pear*

**desert hills** gamay 2007 gl. **8.5**    btl. **40**

*full bodied with black cherry and spice accents*

## water

**FIJI water** 500ml. **4.95**    ltr. **6.95**