

## SIP THE BOTANICAL GOODNESS WITH THE FOLLOWING BLENDS:

### REVIVE

Reawaken the senses with this beautifully sweet and subtle invigorator. A blend of lemon scented tea tree and hawthorn berries.

### HARMONY

This heart warming spicy blend brings a fresh perspective. A recipe of cinnamon, cloves, lychee berries, cardamom, ginger, lemon balm and purple marshmallow flowers.

### DIGEST

The perfect conclusion to any meal. This soft exotic blend leaves you with a deliciously tangy after taste. Made from nature's sweet licorice, peppermint and chamomile.

### DREAM

An aromatic cup of reverie blended from nature's choicest organic agents of slumber. A luscious merger of the finest lavender, chamomile and hawthorn berries.

### CALMA

A soothing sip with a lush, head clearing character overflowing with botanical tranquility. Calendula, lemon balm, rose petals, peppermint and aniseed.

## PREFER SOMETHING COLD

Natural Spring Water

Stephanies Signature Sorbets  
Varying seasonal fruits

## REFRESHMENTS

# stephanies®

SPA RETREAT

## Soft drinks

Pepsi, Pepsi Max, Lemonade, Solo, Ginger Ale  
Bottle \$6

## Juices

Orange, Pineapple, Grapefruit, Apple, Tomato  
Glass \$7

## Coffee

Espresso (flat white, latte, long black, cappuccino) \$5  
Iced tea, coffee or chocolate \$7  
Hot chocolate \$6  
Milk shakes \$8

## Tea

English breakfast, Earl grey, Green, Jasmine, Peppermint  
Infusion, Camomile, Mint, Verveine \$6

## Water

Evian still 500ml France \$6  
San Pellegrino Sparkling 500ml Italy \$6

BEVERAGES

## Breakfast

Organic Gluten Free Toasted Muesli (G L) 16  
served with natural low fat berry yoghurt

Spanish Egg White Frittata (H G) 26  
Mushrooms, capsicums & tomato fondue

Salmon Eggs Benedict 32  
Two poached eggs on sourdough bread with  
tasmanian smoked salmon, hollandaise sauce

## Freshly Chilled Booster Juices

Carrot, celery, orange, apple, pear and ginger 14

## All Day Dining

Finger Sandwiches 21  
Salmon, dill cream cheese/ egg and watercress/ smoked ham and brie cheese

Selection of nori maki 26  
Soy sauce, wasabi, pickled ginger, Vegetarian Salad

Club Sandwich 26  
Lettuce, tomato, bacon, egg, double brie, smoked turkey, french fries

Crispy Duck Salad 25  
Toasted walnuts, sliced pears, watercress, parmesan, Spanish onion  
& pommery mustard vinaigrette

Asparagus, Mushroom & Wild Rocket Risotto 23  
Shaved reggiano, garlic olive oil

## Interactive Menu

(2 People)

Steamed prawn wontons 32  
Asian salad, chilli soy sauce

Vietnamese Rice Paper Rolls 32  
Julienne of vegetables, enoki mushrooms, fresh mint and coriander  
Pink ginger and soy dipping sauce

Antipasto Plate 32  
Slice prociutto, cherve, roasted pepper, Kalamata olives, eggplant dip, fresh grapes, cracker  
selection

Strawberry Fondue 20  
Chocolate silk, fresh strawberries, king Island cream

## Desserts

Cheese Selection 16  
Fresh Fruit Salad 16  
Fruit and Muslie Bar 16

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SPA RETREAT

**Mini sandwiches**

**Assorted cheese with crisp breads**

**Assorted selection of sweet French pastries**

**Plain & fruit scone**

Light textured english scones with jam & cream on the side

**\$35 per person**