



**LANZERAC**

1692



**Vitality Corner**

*Menu*



# Welcome

*Lanzerac Spa*

Set in the heart of a 327 year old working wine estate in historic Stellenbosch, the beautiful Lanzerac Spa boasts panoramic views of towering mountains and rows of lush vineyards.

Choose from a wide array of massages, skincare and beauty treatments, led by highly trained therapists using top quality international and local ranges, Elemis and TheraVine™.

Enter a world of serenity at this unique day spa, where comfort, luxury and excellence come together for a restorative health and beauty experience.

## SPA FACILITIES INCLUDE:

- Seven treatment rooms in total, including a couple's room
- Disabled therapy room, equipped with shower and bathroom
- Four manicure & pedicure stations
- Neoqui Mediq cocoon room where ThalasoVine treatments are enjoyed
- Sauna
- Steam room
- Mist room
- Indoor heated swimming pool
- Jacuzzi
- Two Rasul chambers
- Experience shower
- Fitness room
- Vitality Corner offering a healthy menu



# Vitality Corner

## Menu

### SPA BREAKFAST

POACHED EGG & AVOCADO BREAKFAST SALAD	80
free range egg, avocado, quinoa, pistachio nuts, tomato, baby leaves, honey, lemon dressing	
SCRAMBLED EGGS ON FLAXSEED TOAST	70
free range eggs, flaxseed bread, avocado, micro herbs	
OVER-NIGHT OAT BOWL	55
almond milk, cinnamon, green tea, apple, honey, nuts, blueberries, banana	
BREAKFAST BURRITO	75
egg, avocado, baby spinach, tomato, coriander, spring onion, beans, brown rice	

### WRAPS

*made with whole-wheat wraps*

*plant based wrap or vietnamese rice paper R25*

THE HEALTH CLUB	85
boiled egg, tomato, lettuce, celery, chicken, smoked sweet potato dressing	
MOROCCAN BEEF	90
turmeric chickpeas, avocado, carrot, cucumber, sweet potato, coriander, lemon tahini	
SPICY CHICKEN SLAW	85
avocado, spring onion, cabbage, carrot, brown rice, yoghurt, coriander, cashew nuts	
SMOKED SALMON	95
cucumber, beetroot noodles, avocado, turmeric chickpeas, yoghurt, herbs	

### SALAD BOWLS

BEET BUDDHA BOWL	80
beetroot, quinoa, sweet potato, orange, turmeric chickpeas, baby spinach, lemon tahini	
CHICKEN & AVOCADO CAESAR	90
free-range chicken, avocado, shaved parmesan, egg, cos lettuce, caesar dressing	
CAULIFLOWER & KALE SALAD	85
pine nuts, seeds, red onion, cranberries, feta, lemon dressing	



# Vitality Corner

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## SMOOTHIE BOWLS

RAW COCOA, BANANA & DATE	65
honey, orange, chai seeds, cocoa granola, frozen berries	
MANGO, KIWI & CHAI SEED	70
almond milk, banana, nuts, seeds, coconut	
CARROT CAKE	70
carrot, pineapple, banana, date, cinnamon, vanilla, walnut, coconut	

## SMOOTHIES

*all smoothies & juices are served in a 350ml glass*

NUTTY BUTTER SMOOTHIE	60
banana, frozen yoghurt, almond milk, cocoa, honey, sugar-free peanut butter	
BERRY BLISS SMOOTHIE	60
strawberry, raspberry, blueberry, frozen yoghurt, apple, banana	
APPLE BERRY DETOX SMOOTHIE	55
seasonal berries, apple, spinach, flaxseed, almond milk	
MANGO LASSIE SMOOTHIE	60
mango, yoghurt, ginger, mint, coconut milk	
BLUEBERRY CHIA SMOOTHIE	55
blueberries, chia seeds, pineapple, banana, linseeds, coconut water	
RED VELVET CAKE SMOOTHIE	60
beetroot, cocoa, spinach, date, walnuts, almond milk	



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## RAW JUICES

LEMON & GINGERADE	45
lemon, ginger, apple, coconut water	
CLEANSING GREENS	45
cucumber, celery, apple, kale, lemon, ginger	
CITRUS BURST	40
orange, lemon, grapefruit, lime	
APPLE MINT	40
cucumber, apple, lemon, mint	
INNER BODY BOOST	55
orange, carrot, turmeric, cucumber, flaxseed, beetroot	
ROOT JUICE	50
carrot, beetroot, ginger, celery	

*R15 additional for antioxidant boosts:  
ginger, turmeric, grape seed extract, beetroot, kale, wheatgrass, flaxseeds*



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## NUTRITIONAL FACTS

### **Almonds:**

Almonds are the most nutritionally dense nut, meaning they offer the highest concentration of nutrients per calorie per ounce.

### **Apples:**

Apples are a great low-calorie source. Plus, upping apple intake has been associated with reduced risk of cardiovascular disease, certain cancers, diabetes, and asthma.

### **Avocado:**

The ability of avocado to help prevent unwanted inflammation is absolutely unquestionable in the world of health research. Avocados support for heart and blood vessels might be surprising to some people who think about avocado as too high in fat for heart health.

### **Banana:**

Creamy, rich, and sweet, bananas are a favourite food for everyone from infants to elders. They could not be more convenient to enjoy, and they are a good source of vitamins and minerals, as well as fiber.

### **Beets:**

This all-star veggie contains tons of vitamins, minerals, and antioxidants that can help fight disease and strengthen vital organs.

### **Carrots:**

Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients.

### **Celery:**

Celery is an important food source of conventional antioxidant nutrients, including vitamin C, beta-carotene, and manganese. But its "claim to fame" in terms of antioxidant nutrients may very well be its phytonutrients.

### **Cocoa:**

Flavonoid-rich cocoa aids in lowering blood pressure and improving the elasticity of blood vessels, a comparative research study has made it evident that cocoa exhibits higher antioxidant activity than against black tea, green tea and red wine.

### **Cucumber:**

Cucumbers provide us with a unique combination of nutrients. At the top of the phytonutrient list for cucumbers are its cucurbitacins, lignans, and flavonoids. Providing us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits.



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## NUTRITIONAL FACTS

### **Flaxseeds:**

The nutritional uniqueness of flaxseeds features 3 nutrient aspects; they have high omega-3 fatty acid content. Lignans - which are fiber-like compounds, but in addition to their fiber-like benefits, they provide antioxidant protection structure. And flaxseed has unique mucilage (gum) content. "Mucilage" refers to water-soluble, gel-forming fibers that provide special support to the intestinal tract.

### **Ginger:**

Great for gastrointestinal distress. It possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

### **Grape Seed:**

Today, grape seed extract is used as a folk or traditional remedy for conditions related to the heart and blood vessels, such as atherosclerosis (hardening of the arteries), high blood pressure, high cholesterol, and poor circulation.

### **Honey:**

Reduces ulcers and other gastrointestinal disorders, Anti-bacterial and anti-fungal, Increases athletic performance, reduces cough and throat irritation.

### **Kale:**

This rough and tough green beats out all the rest in terms of nutrition, providing more antioxidants than most other fruits and veggies. It's also a fantastic source of fiber, calcium, and iron.

### **Spinach:**

Antioxidants, anti-inflammatories, and vitamins that promote vision and bone health are what make this little ol' green so super.

### **Peanuts:**

Peanuts are rich in energy (567 calories per 100 g) and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health. They compose sufficient levels of mono-unsaturated fatty acids (MUFA), especially oleic acid.

### **Turmeric:**

Turmeric (*Curcuma longa*) is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, haemorrhage, toothache, bruises, chest pain, and colic.

### **Wheatgrass:**

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.



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## LANZERAC WINES



### MCC Blanc de Blancs Brut

70

380

Creamy biscuit notes give texture to the lively citrus and apple fruit whilst the tiny bubbles are like beads of sunshine dancing on your tongue. An elegant and refined MCC with an array of fine, precise bubbles on the mousse and a yeasty undercurrent on the palate.

### Sauvignon Blanc

40

145

Generous aromas of Granny Smith apples interplay with white fruits such as Asian pears and white peaches in a perfect fruit-acid balance. It introduces a fresh lemongrass mouthfeel with subtle minerality rounded off by a soft creaminess in the long finish due to extended lees contact.

### Chenin Blanc

40

145

The Lanzerac Chenin Blanc is packed with stone fruit flavours of apricot and peach, supported by ripe pineapple on the mid palate. 22% Oak maturation ensures a soft, creamy finish with a lingering tail.

### Chardonnay

50

195

A spicy fruit-bomb wine with lashings of ginger biscuit aromas overlaying soft cooked apples with caramel and cream, this wine is jam-packed with flavour. A soft buttery mouthfeel of tropical fruits such as mangoes, pineapples and bananas is edged with toasty oak and well-balanced by good acidity and a toffee-cream tail.

### Pinotage Rosé

40

145

Lanzerac's Pinotage Rosé lives up to its reputation with gentle aromatic notes of perfume and rose petals, crushed strawberries and redcurrants. It enjoyed a mere two hours skin contact to give it its delicate pink colour and soft fruit flavours.

### Syrah

65

240

This wine delivers a good extraction of deep colour and aromas of white pepper, coriander, fynbos and red wine poached plums. The complex palate shows layers of ripe red and black berries with an undertone of savouriness.

### Merlot

65

240

Concentrated black-berried fruit is edged with sweet vanilla hints and spicy aromas on the nose. Savoury tannins add layers of complexity, gently supporting the flavours of plums, black cherries, cooked strawberries and dark chocolate before a long, integrated finish rounds the wine off in fine style.

### Pinotage

65

245

No estate has been bottling Pinotage longer than Lanzerac and this wine shows a wealth of experience with this proudly South African varietal. Smoky-soft top notes combine with black plums and cherries on the palate. Juicy, well-integrated tannins support a spicy, meaty core with a refreshing acidity and long smooth finish.

### Cabernet Sauvignon

65

245

This classic Cabernet shows plenty of fruity drinkability with the tantalizing promise of savoury maturity to come. Black fruits abound with black cherries, currants and berries coming to the fore, edged with hints of olive tapenade, dark chocolate and sundried tomato. Soft, supple tannins and fresh acidity add to the concentrated fruit.







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### COFFEES

		
Café Americano	29	35
Café Latte		35
Café Macchiato	29	35
Café Mocha	29	35
Cappuccino	29	35
Espresso	20	
Filter Coffee		25
Hot Chocolate		35
Red Cappuccino	35	40

### GINS

Inverroche Amber	40
Inverroche Classic	40
Inverroche Verdant	40

### BEERS

Amstel Lager	28
Peroni	32
Windhoek Draught	35

### TEAS

	
Pot of Tea	35

*Please ask our friendly waitron about our selection of teas that are available*

### CIDERS

Hunters Dry	35
Savannah Dry	37
Savannah Lite	37

### SOFT DRINKS

Soda Water	35
Tonic Water	35
Lemonade	35
Ginger Ale	35
Coke Light	25
Lipton Ice Tea Peach	28
Lipton Ice Tea Lemon	28
Crème Soda	25
Fanta Orange	25
Coca-Cola	25
Coca-Cola Zero	25
Appletiser	34
Grapetiser White	34
Grapetiser Red	34
Water Sparkling 500ml	25
Water Sparkling 750ml	42
Water Still 500ml	25
Water Still 750ml	42

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*Please let your server know of any allergies or intolerances you may have before you order. Whilst we have kitchen protocols in place designed to address the risk of cross-contamination of allergens, our kitchens are busy environments. As such, we cannot guarantee the total absence of allergens in our kitchens. If you have any questions please do not hesitate to ask one of our team.*

*Where Luxury Meets Excellence*

## CONTACT US

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Lanzerac Wine Estate