



Wellness menu



DOUBLETREE
BY HILTON™

STAY FIT

Warm eggplant salad with parsley,
pumpkin seeds and basil 145 g 450
olive oil
calories — 153 | proteins — 3,9 | fats — 13 | carbohydrate — 6

Cucumber tartar with orange and quinoa 230 g 440
black olives, Dijon mustard, olive oil
calories — 307 | proteins — 3,9 | fats — 36 | carbohydrate — 11

Leek and broccoli puréed soup 200 g 410
Parmesan
calories — 89 | proteins — 8 | fats — 4 | carbohydrate — 5

Duet of vegetable cutlets 100/80/80/15 g 910
with cherry chatni and steamed sea bass
calories — 177 | proteins — 23,6 | fats — 1 | carbohydrate — 17

Vegetable cabbage rolls in mushroom sauce 230 g 550
calories — 136 | proteins — 2,7 | fats — 10 | carbohydrate — 10

ENERGY REVITALIZERS

Pink grapefruit and orange 160 g 420
with steamed chicken filet
natural yoghurt dressing, wheat sprouts, cinnamon
calories — 131 | proteins — 16,8 | fats — 2 | carbohydrate — 9

Salad with broccoli, dried apricot, cashew
and green apple 170 g 480
calories — 298 | proteins — 6 | fats — 14 | carbohydrate — 35

Vegetable briani with steamed turkey 100/150 g 650
calories — 487 | proteins — 34,1 | fats — 25 | carbohydrate — 32

Pumpkin curry with chickpeas, zucchini
and baked teriyaki salmon 150/150 g 980
calories — 357 | proteins — 40,3 | fats — 14 | carbohydrate — 18

DESSERT

Soy milk blancmange 150 g 410
calories — 275 | proteins — 23,1 | fats — 14 | carbohydrate — 14

Garden berry jelly 150 g 450
strawberry, raspberry, black currant
calories — 172 | proteins — 7 | fats — 0 | carbohydrate — 34

Fruit salad with avocado, kiwi and banana 200 g 420
calories — 282 | proteins — 3,5 | fats — 7 | carbohydrate — 48

DETOX

Salad with pineapple, tomatoes
and sweet red onions 170 g 490
mint and orange dressing with chili linen oil
calories — 150 | proteins — 1,4 | fats — 9 | carbohydrate — 14

Celery root soup with zucchini and turkey 200 g 440
pumpkin seeds, pumpkin oil
calories — 194 | proteins — 8,7 | fats — 10 | carbohydrate — 18

Tomato soup with sweet bell pepper 200 g 420
celery, balsamic, tobasco
calories — 127 | proteins — 3,3 | fats — 7 | carbohydrate — 12

Tomato tagliatelle with broccoli 100/70/50 g 620
black olives, baked eggplant
calories — 227 | proteins — 7,5 | fats — 7 | carbohydrate — 32

SMOTHIE

Fruit and vegetable smoothie 250 ml 390
cucumber, kiwi, apple, lemon, parsley
calories — 135 | proteins — 1,6 | fats — 1 | carbohydrate — 28

Cranberry and sea buckthorn smoothie 250 ml 390
cranberry, banana, sea buckthorn, orange juice, honey, cinnamon
calories — 236 | proteins — 2,3 | fats — 5 | carbohydrate — 43

Avocado and soy milk smoothie 250 ml 390
avocado, soy milk, coconut milk
calories — 261 | proteins — 16,7 | fats — 22 | carbohydrate — 0

Banana and strawberry smoothie 250 ml 390
banana, strawberry, natural yoghurt, oatmeal flakes
calories — 245 | proteins — 17,1 | fats — 3 | carbohydrate — 35

Slim smoothie 250 ml 390
apple, celery, cucumber, ginger, parsley, fresh pineapple juice
calories — 128 | proteins — 1,1 | fats — 1 | carbohydrate — 28

Detox smoothie 250 ml 390
cucumber, kiwi, apple, mint, parsley, lemon, honey
calories — 156 | proteins — 1,6 | fats — 1 | carbohydrate — 33