

MENU

mandhoo

s p a r e s t a u r a n t

Fire

# HISTORY OF THE FOUR ELEMENTS

Over 2000 years ago, Greek philosophers came to the conclusion that the universe and everything that it contained was made up of four basic elements. These elements were Earth, Fire, Air and Water. The belief was that in order for life and health to exist the elements must be in balance. A disruption to this balance may lead to ill-health. The four elements theory is still the basis for health care in many parts of the world today and is also the basis for our philosophy here at the Spa Retreat. As you peruse through the Mandhoo Spa Restaurant menu you will notice the meals have been grouped into the four elements. All the foods can be grouped into a specific element, just as each element has a specific taste, temperature, level of moistness and density. The elements also work on the body, mind, spirit and soul in particular ways. Earth is associated with nutrition and nurturing, fire with heat, circulation and detoxification. Air is associated with the mind and is energizing, and water is soothing and relaxing

## Characteristics of the Four Elements

E n e r g i s i n g



D e t o x i f y i n g



N u r t u r i n g



R e l a x i n g



## HOW TO USE THE MANDHOO MENU

In this way, the Mandhoo menu may be used to choose foods based on a desired outcome, or you may feel free to choose purely on what tantalizes the taste buds. Either way, the meals offered at Mandhoo Spa Restaurant are well-balanced and nutritious whilst still retaining their natural flavor. Only the freshest of ingredients are used and where possible organic or biodynamic produce are utilized.

### A i r

The element Air is **e n e r g i z i n g** . It is associated with the mind and mental activity. Foods belonging to the element of air are light and aid the intellect. The air element is beneficial to people who feel mentally or physically sluggish. It may be due to inactivity, over-nourishment or excess watery accumulations.

### F i r e

The Fire element represents **d e t o x i f i c a t i o n** and purification. It does so by increasing circulation. Fire can help overcome the stagnation of apathy and the heaviness of depression. It is the spiritual quality of strength of purpose and gives courage. The fire element is hot and dry. Tastes that represent the fire element are pungent and sour. These foods stimulate the appetite and aid with the assimilation and absorption of food. Fire foods are indicated in cases of excess water as they can be used to drain the sinuses, to promote expectoration of phlegm and to decongest cholesterol blocked arteries. Wherever there is stagnation of fluids or energy fire foods will assist and in this way it is cleansing and detoxifying.

### W a t e r

The water element represents **r e l a x a t i o n** . Psychological qualities associated with water include inner conscience and tranquility. The water sign is wet and cold. Water foods are also beneficial for persons experiencing dryness of the skin and mucous membranes.

### E a r t h

The Earth sign is pampering and **n u r t u r i n g** . The element of earth represents permanence, stability and security. It also represents nourishment on all levels and thus earthy foods are anabolic. The earth sign is dry and cold and the food is dense. Earthy foods are indicated where a person needs grounding, where they are stuck in their head with thoughts and daydreams.



Bring your life into balance with these pure refreshing healthy & balanced dishes

<p><b>Sushi inspired rice pizza. Tobiko caviar, light mayo and shaved tuna</b>  <b>Thin sliced white fish sashimi</b>  <i>Fish has many therapeutic benefits due to essential fatty acids. Good fats can lower blood pressure, cholesterol and fat levels in the body</i>  <i>Ptn 27g - Cho 48g - Fat 12.2g (Sat 2.5g) - E 1741 Kj - 415Cal</i></p>	<p>\$ 16</p>	<p>\$ 32</p>
<p><b>Baked local tiger prawns gravlax style, layered with buckwheat blinis and yoghurt</b>  <b>Stir fried vegetables and fresh tomato tea with lavender</b>  <i>Good source of calcium, natural yoghurt helps regulate the intestinal micro-flora and stimulates the immune defenses</i>  <i>Ptn 19g - Cho 11g - Fat 12.1g (Sat 3.5g) - E 986 Kj - 235Cal</i></p>	<p>\$ 16</p>	<p>\$ 32</p>
<p><b>Grilled sate of Maldivian white fish flavored with caraway seeds</b>  <b>Japanese udon noodles in double reduced vanilla and fennel essence</b>  <b>Shredded blanched oriental vegetables and Enoki mushrooms</b>  <i>Low in fat, this dish is great for those with diabetes and heart concerns</i>  <i>Ptn 42.1g - Cho 26.4g - Fat 4.7g (Sat 1.4g) - E 1338.8 Kj - 319Cal</i></p>	<p>\$ 16</p>	<p>\$ 32</p>
<p><b>Grilled Hoi Sin glazed tofu with stewed lavender scented purple onion</b>  <b>Endive with black bean and young papaya salsa, frozen lime dressing</b>  <i>Tofu contains important phyto-oestrogens, that may be beneficial in heart conditions and symptoms of menopause</i>  <i>Ptn 15.8g - Cho 53g - Fat 14.4g (Sat 2g) - E 1672 Kj - 398Cal</i></p>	<p>\$ 16</p>	<p>\$ 32</p>
<p><b>Seared marinated beef Tataki, hot braised white radish "Daikon" with fired Shiitake mushrooms</b>  <b>sour cream blended with Tahini paste</b>  <i>High in folates which are essential for healthy development of red blood cells and to maintain healthy digestive tract</i>  <i>Ptn 53.9g - Cho 10.8g - Fat 31.3g (12.4g) - E 2261 Kj - 538Cal</i></p>	<p>\$ 16</p>	<p>\$ 32</p>

Prices are in US\$ AND SUBJECT TO 10% service charge

All Non Spa Retreat Guests on Full Board or Half Board Meal Plans are entitled to a 25% discount (Half Board : dinner only)



A celebration of exhilarating healthy and balanced dishes to ease away stresses of modern day living

<p>Oven roasted spicy marinated loin of ostrich            Thai green curry risotto and grilled herb Portobello mushrooms            Lemon grass and light soy lime infused essence  <i>Ostrich is a very lean meat that is low in cholesterol &amp; high in iron &amp; protein</i>  <i>Ptn 43.5g – Cho 20.9g – Fat 22.3g (Sat 4.2g) – E 1923Kj - 458Cal</i></p>	<p>\$ 15      \$ 30</p>
<p>Sautéed calamari soaked in lemon grass and chili            Baked eggplant flavored with tamarind chutney, wild honey and dill yoghurt dip            Sweet &amp; sour pear and apple salad  <i>This meal is high in protein- the building block of muscles, skin &amp; hair</i>  <i>Ptn 43.7g – Cho 21.7g – Fat 20.1g (Sat 4.4g) – E 1855Kj - 442Cal</i></p>	<p>\$ 15      \$ 30</p>
<p>Grilled Yakitori style reef fish skewers, Korean pickled cabbage “Kim Chi”            Hot gingered tea, served on steamed green asparagus  <i>Cabbage contains antioxidants that help slow the aging process &amp; strengthens the immune system</i>  <i>Ptn 42.8g – Cho 34g – Fat 13.3g (Sat 2.6g) – E 1951Kj - 465Cal</i></p>	<p>\$ 16      \$ 32</p>
<p>Pizzetta of baked five spices veal            White navy bean and garlic dip pickled salad and fresh herbs            Drizzled with pressed green and red chili sesame seed oil  <i>This dish is high in zinc, magnesium &amp; iron</i>  <i>Ptn 52.6g – Cho 50.4g – Fat 22g (Sat 9.1g) – E 2565Kj - 611Cal</i></p>	<p>\$ 16      \$ 32</p>



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Healthy and balanced dishes to promote inner peace and soothe your soul whilst reviving your senses

**Flash broiled Tasmanian salmon steak, on a bed of warm sautéed spinach** \$ 15 \$ 30  
**Lentil and fresh coconut, sweet potato and cracked pepper Aioli**  
*Salmon is a rich source of omega-3 fatty acids, the good fats. These fats have an anti-inflammatory action and may also lower cholesterol levels in the body. Ptn 42.4g – Cho 21g – Fat 25.4g (Sat 5.4g) – E 2,019Kj - 481Cal*

**Congee style rice infused with fresh sage and crushed lemon grass** \$ 16 \$ 32  
**Braised breast of chicken with a fermented soy bean sauce**  
*Soy beans may help counter heart disease and stabilize blood sugars. Ptn 42.2g – Cho 20.8g – Fat 13.7g (Sat 3.4g) – E 1562Kj - 372Cal*

**Baked Tandoori style chicken. Candied orange zest yoghurt and grilled polenta** \$ 16 \$ 32  
**Baked Papadom Crackers**  
*High in calcium, an essential mineral for a healthy heart, bones and teeth. Ptn 41.5g – Cho 13.4g – Fat 21.9g (Sat 6g) – E 1763Kj - 420Cal*

**Surf and turf of seared lamb loin and chilled marinated tiger prawns** \$ 16 \$ 32  
**Toasted marshmallows on a casserole of braised celery, kidney beans flavored with wild sage**  
*High in iron and zinc, these nutrients are essential for energy production and a healthy immune system. Ptn 54.2g – Cho 7.3g – Fat 18.3g (Sat 8.8g) – E 1701Kj - 405Cal*

**Half grilled dark miso basted sea scallops, pressed lime and garlic marinated mixed beans** \$ 18 \$ 36  
**Sliced bruised fresh herbs and smoked coriander oil dressing**  
*Scallops are a good source of iodine and the anti-oxidant selenium which help to regulate metabolism and support healthy heart function. Ptn 19.3g – Cho -13.3g – Fat 4.2g (Sat 0.7g) – E 697Kj - 166Cal*

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Enjoy these soothing healthy and balanced dishes whilst awakening your senses to inner tranquillity

<p><b>Pepper seared rainbow runner and sliced avocado</b>  <b>Salad of ruby red grapefruit and pomelo, slow dried tomatoes</b>  <b>Olives and frozen lime dressing scented with star anise</b>  <i>High in Poly/Mono-unsaturated fat, 'good fats' help to prevent heart disease, arthritis, asthma and beautifies the skin</i>  <i>Ptn 35.2g – Cho 8g – Fat 36.3g (Sat 7.1g) – E 2103Kj - 501Cal</i></p>	<p>\$ 16</p> <p>\$ 32</p>
<p><b>Chilled soft shelled blue crab, ginger-melon salad, picked mint</b>  <b>Vanilla and thyme sorbet, iced tea essence</b>  <i>A low fat and carbohydrate meal, great for weight loss</i>  <i>Ptn 28.3g – Cho 7.5g – Fat 1.6g (Sat 0.3g) – E 661Kj - 158cal</i></p>	<p>\$ 15</p> <p>\$ 30</p>
<p><b>Quick blanched shaved reef fish, grilled pressed tofu served in white soy bean bouillon</b>  <b>Saffron braised daikon &amp; waxed peppers</b>  <i>Tofu contains important phyto-oestrogens that may be beneficial in heart conditions and symptoms of menopause</i>  <i>Ptn 21.4g – Cho 4.1g – Fat 5.8g (Sat 1.4g) – E 649.8Kj - 155Cal</i></p>	<p>\$ 15</p> <p>\$ 30</p>
<p><b>Roasted miso glazed duck breast. Wok fried Chinese bok choy</b>  <b>Lemon balm and gherkin, dried apricots and Maldivian banana chutney</b>  <i>Duck, bok choy and dried apricots are high in iron and zinc, this dish provides half of your daily requirements</i>  <i>Ptn 42g – Cho 8.2g – Fat 18g (Sat 5g) – E1502Kj - 358Cal</i></p>	<p>\$ 16</p> <p>\$ 32</p>
<p><b>Chilled green tea noodles with shredded Thai green papaya, cucumber salad</b>  <b>Polenta cake with yoghurt and broken nori sheets</b>  <i>Green tea is full of anti-oxidants which are protective towards the heart and may reduce cholesterol levels in the body</i>  <i>Ptn 6g – Cho 35g – Fat 1g (Sat 0.3g) – E 756Kj - 180Cal</i></p>	<p>\$ 16</p> <p>\$ 32</p>

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Bring your life into balance with these pure refreshing healthy and balanced dishes

**Baked local tiger prawns Gravlax style,  
layered with buckwheat blinis and yoghurt  
Stir fried vegetables and fresh tomato tea with lavender**

*Good source of calcium, natural yoghurt helps regulate the intestinal micro-flora and stimulates the immune defenses*  
Ptn 9.5g – Cho 5.5g – Fat 6g (Sat 1.89g) – E493Kj - 78Cal

**Seared marinated beef tataki,  
Hot braised white radish "daikon"  
with fired shitake mushrooms,  
Sour cream blended with Tahini paste**

*High in folates which are essential for healthy development of red blood cells and to maintain healthy digestive tract*  
Ptn 53.9g – Cho 10.8g – Fat 31.3g (12.4g) – E 2261Kj - 358Cal

**Green tea panna cotta and sweet mango salsa**

*Green tea contains anti-oxidant flavonoids may protect heart health and may reduce the risk of cancer*  
Ptn - 8.9g – Cho 24g – Fat 2.1g (Sat 0.3g) – E 629Kj - 104Cal



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A celebration of exhilarating healthy and balanced dishes to ease away stresses of modern day living

Sautéed calamari soaked in lemon grass and chili  
Baked eggplant flavored with tamarind chutney, wild honey and dill yoghurt dip  
Sweet & sour pear and apple salad

*This meal is high in protein- the building block of muscles, skin & hair  
Ptn 21.8g – Cho 10.8g – Fat 10.g (Sat 2.2g) – E 927Kj - 221Cal*

Oven roasted spicy marinated loin of ostrich  
Thai green curry risotto and grilled herb Portobello mushrooms  
Lemon grass and light soy lime infused essence

*Ostrich is a very lean meat that is low in cholesterol & high in iron & protein  
Ptn 43.5g – Cho 20.9g – Fat 22.3g (Sat 4.2g) – E 1923Kj - 458Cal*

Cinnamon, date and pumpkin cake with an orange compote

*Pumpkin is a good source of B-carotenes. This anti-oxidant enhances the immune system  
and is anti- aging. Full of almonds, this dish is rich in calcium and healthy fatty acids  
Ptn 20.6g – Cho 66.6g – Fat 30.6g (Sat 3.4g) – E 2570 Kj - 612Cal*

Fire

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Healthy and balanced dishes to promote inner peace and soothe your soul whilst reviving your senses

**Half grilled dark miso basted sea scallops**  
**Pressed lime and garlic marinated mixed beans**  
**Sliced bruised fresh herbs and smoked coriander oil dressing**

*Scallops are a good source of iodine & the anti-oxidant selenium which help to regulate metabolism and support healthy heart function*

*Ptn 9.6g – Cho -6.6g – Fat 2.1g (Sat 0.39g) – E 348Kj - 83Cal*

**Congee style rice infused with fresh sage and crushed lemon grass**  
**Braised breast of chicken with a fermented soy bean sauce**

*Soy beans may help counter heart disease and stabilize blood sugars*

*Ptn 42.2g – Cho 20.8g – Fat 13.7g (Sat 3.4g) – E 1562Kj - 372Cal*

**Wheat free Maldivian banana bread, thick yoghurt and maple syrup**

*Bananas are a great source of potassium and energy*

*Bananas are known to stimulate serotonin which may raise mood and aid sleep*

*Ptn 10.5g – Cho 110.7g – Fat 3.4g (Sat 1.4g) – E 2151Kj - 512Cal*

**Earth**

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**Quick blanched shaved reef fish  
Grilled pressed tofu served in white soy bean bouillon  
Saffron braised daikon and waxed peppers**

*Tofu contains important phyto-oestrogens that may be beneficial in heart conditions and symptoms of menopause*

*Ptn 21.4g – Cho 4.1g – Fat 5.8g (Sat 1.4g) – E 649.8KJ - 78Cal*

**Roasted miso glazed duck breast, wok fried Chinese bok choy  
Lemon balm and gherkin, dried apricots and Maldivian banana chutney**

*Duck, bok choy & dried apricots are high in iron & zinc, this dish provides half of your daily requirements*

*Ptn 42g – Cho 8.2g – Fat 18g (Sat 5g) – E 1502KJ - 358Cal*

**Chilled coconut and sago soup with Maldivian fruits**

*Sago is an important source of complex carbohydrates. This type of carbohydrate breaks down slowly providing long lasting energy to make you feel better for longer*

*Ptn 2.5g – Cho 22.4g – Fat 0.8g (Sat 0.5g) – E 435KJ - 104Cal*

Water

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mandhoo

spa restaurant

# THE TEMPTATIONS

## Frozen banana souffle' with lime and coconut sorbet

*Bananas have a good source of potassium which can help regulate blood pressure*

*Ptn 6.5g - Cho 51.8g - Fat 8.9g (Sat 0.6g) - E 1282Kj - 305Cal*

## Green tea panna cotta and sweet mango salsa

*Green tea contains anti-oxidant flavonoids which may protect heart health and may reduce the risk of cancer*

*Ptn - 8.9g - Cho 24g - Fat 2.1g (Sat 0.3g) - E 629Kj - 150Cal*

## Ginger and lychee sorbet

*Ginger is a warming spice that aids circulation. Good for the immune system*

*Ptn 2.7g - Cho 88.2g - Fat - 0.2g (Sat 0g) - E 1476Kj - 351 Cal*

## Cinnamon, date and pumpkin cake with an orange compote

*Pumpkin is a good source of B-carotenes. This anti-oxidant enhances the immune system and is anti-aging*

*Full of almonds, this dish is rich in calcium and healthy fatty acids - Ptn 20.6g - Cho 66.6g - Fat 30.6g (Sat 3.4g) - E 2570 Kj - 612Cal*

## Wheat free Maldivian banana bread, thick yogurt and maple syrup

*Bananas are a great source of potassium and energy. Bananas are known to stimulate serotonin which may raise mood and aid sleep*

*Ptn 10.5g - Cho 110.7g - Fat 3.4g (Sat 1.4g) - E 2151Kj - 512Cal*

## Risotto rice pudding with lemon grass and orange honey

*Soy milk is a natural source of phyto-oestrogens which may be beneficial for the heart and the symptoms of menopause*

*Ptn 5.3g - Cho 46.3g - Fat 3.7g (Sat 0.8g) - E 979Kj - 233Cal*

## Chilled coconut and sago soup with Maldivian fruits

*Sago is an important source of complex carbohydrates. This type of carbohydrate breaks down slowly providing long lasting energy to make you feel better for longer - Ptn 2.5g - Cho 22.4g - Fat 0.8g (Sat 0.5g) - E 435Kj - 104Cal*

## Fresh strawberries and basil infused in an aged balsamic vinegar

*Strawberries are one of the richest sources of vitamin C*

*Ptn 7.2g - Cho 53.2g - Fat 24.7g (Sat 7.8g) - E 1925Kj - 458Cal*



Air

\$ 12



Air

\$ 12



Fire

\$ 12



Fire

\$ 12



Earth

\$ 12



Earth

\$ 12



Wafer

\$ 12



Wafer

\$ 12

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Lassies are a refreshing Yoghurt drink, ideal for tropical climates. Full of electrolytes, drinking a lassie is the perfect way to re-hydrate the body. Enjoy the pure natural taste of a plain lassie, the sweetness of pineapple, invigorating and refreshing mint, tangy green apple, the subtlety of kiwi, or why not combine flavors to make your own unique drink.

## LASSIES SELECTION

### Plain Lassie

*Natural yoghurt, salt, sugar, mineral water*

\$ 10

### Apple Lassie

*Apple is full of fiber, antioxidants and flavonoids. Apples have been noted to decrease blood cholesterol levels in the body and may help regulate the bowels. Traditionally, apples have been used to ease the pain and inflammation of arthritis, rheumatism and gout*

\$ 10

### Kiwi Lassie

*Full of vitamin C and beta-carotene, kiwi fruit may strengthen the immune system and reduce the severity and incidence of respiratory infections. In addition, these antioxidants may also reduce the ageing process to help us look younger, for longer*

\$ 10

### Pineapple Lassie

*Pineapple contains the enzyme bromelain. Bromelain may assist with tissue healing, reduce inflammation in the body and help digest protein-rich foods. Pineapple may be very good in assisting sore, inflamed throats*

\$ 10

### Mint Lassie

*Peppermint is wonderful for soothing all digestive upsets and can provide relief to bloating and heaviness associated with a large meal. A very refreshing drink recommended for all times throughout the day*

\$ 10

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Tea, as the most consumed beverage in the world after water, has a great impact on balanced nutrition. The consensus of opinion amongst nutritionists is that tea, like other foods rich in anti-oxidants, should be a component of most people's daily diet. Tea is available almost everywhere in the world and it is a natural food, processed and prepared without additives and preservatives. It has been time tested by populations and civilization over millennia and general, nothing but good is said about tea. Recent studies by scientists establish the therapeutic value of tea; their conclusions are based on hard evidence from research findings. It has been a long established fact that tea is a wonderful refreshing beverage, which, combined with findings of modern science with regards to its therapeutic value, make tea ideal drink for our times. these soothing healthy & balanced dishes whilst awakening your senses to inner tranquility.

## Green Tea Selection

\$ 5.50 per pot

*Green Tea, Jasmine Green Tea, Moroccan Green Tea, Sencha Camomille, Sencha Lemon Grass*

## Herbal Infusion Selection

\$ 5.50 per pot

*Camomille, Peppermint, Hibiscus & Rosehips, naturally Spicy Berry, Naturally Tangy Lemon*

## Mandhoo Special Tea Selection

\$ 5.50 per pot

*Organic Tea, Decaffeinated Tea, Dandelion Tea*

## Tea Trolley Experience

\$ 9.50 per Selection

*Choose from the trolley: Darjeeling, Sencha Extra Special, Vanilla Ceylon, Ceylon Cinnamon or Earl Grey*

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“The idealist of today is the realist of tomorrow” - Jawaharlal Nehru

It wasn't so long ago that organic and biodynamic wines carried with them the reputation of being “sub-standard and esoteric”. There is no doubt that it's a very different story today. More and more fascinated private individuals and professionals alike are discovering a source of complexity, a surge of vitality, and an additional purity in the increasing number of organic and biodynamic wines.

Indeed, the “organic or produced from organically grown grapes” legal definitions can vary significantly from one country to another, however, fundamentally the key point of difference between “organic” - fruit from vineyards grown without the use of industrial fertilizers, herbicides, fungicides and pesticides and wine made without additional synthetic preservative.

Organic agriculturalists rightly want to halt the devastation caused by humans; however it has provided no cure for the ailing earth. This is where the term 'biodynamic' come in force. Biodynamic is a science of life forces, recognition of the basic principles at work in nature and an approach to viticulture, which takes these principles into account to bring about balance and healing. The respect of four elements “Water, Fire, Air and Earth” is crucial if not vital in the organic and biodynamic way...

Here we share with you some of the finest organic and biodynamic producers in their respective regions, which we love and who share our Spa philosophy: water, fire, air and earth. We hope you enjoy exploring and savoring these wines.

Fire

An inspiration to the senses

## Champagne by the glass (150ml)

NV	Brut Duval-Leroy "Fleur de Champagne"	Champagne, France		\$ 20.5
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## White Wines by the glass (150ml)

2004	Sauvignon Blanc Chateau Madlys	Bordeaux, France		\$ 11
2004	Chardonnay Neethlingshoff	Stellenbosch, South Africa		\$ 11

## Red Wines by the glass (150ml)

2004	Sangiovese Sabazio Rosso di Montepulciano	Toscana, Italy		\$ 8.5
2002	Merlot Blends Chateau Bouqueyran	Bordeaux, France		\$ 15

## Champagne & Sparkling Wines

1999	Vouvray Mousseux Domaine Huet	Loire, France	750ml	\$ 59
NV	Brut Duval-Leroy "Fleur de Champagne"	Champagne, France	750ml	\$ 105
NV	Brut Duval-Leroy "Vegetarian & Vegan"	Champagne, France	750ml	\$ 120
NV	Brut Duval-Leroy "Design Paris"	Champagne, France	750ml	\$ 120
NV	Rose' de Saignee Brut Duval-Leroy	Champagne, France	750ml	\$ 125
1999	Brut Vintage Duval-Leroy "Fleur de Champagne"	Champagne, France	750ml	\$ 125
1998	Blanc de Chardonnay Duval-Leroy	Champagne, France	750ml	\$ 140
1995	Brut Duval-Leroy "Femme de Champagne"	Champagne, France	750ml	\$ 250
NV	Brut Duval-Leroy "Fleur de Champagne"	Champagne, France	375ml	\$ 65
NV	Rose' de Saignee Duval-Leroy "Lady Rose"	Champagne, France	375ml	\$ 80

An inspiration to the senses

### White Wines

2004	Muscadet Dm. Des Dorices "Hermine D'Or"	Loire, France	\$ 38
2005	Chardonnay Neethlingshof	Stellenbosch, South Africa	\$ 42
2004	Sauvignon Blanc Dm. Du Tariquet	Cotes De Gascogne	\$ 45
2004	Sauvignon Blanc Chateau Madlys	Bordeaux, France	\$ 49
2004	Vernaccia Terruzi & Puthod	Toscana, Italy	\$ 52
2004	Chardonnay Dm. Villaine "Saint Jacques"	Rully, France	\$ 72
2004	Soave Classico Cantina Pra	Veneto, Italy	\$ 72
2000	Chenin Blanc Huet "Le Mont" Vouvray	Vouvray, France	\$ 98
2002	Dm. Chandon de Briailles "Aux Vergelesses"	Savigny-Les-Beaunes, France	\$115

### Red Wines

2004	Sangiovese Sabazio Rosso di Montepulciano	Toscana, Italy	\$ 39
2001	Garnacha Vinas De Miedes "Crinaza"	Calatayud, Spain	\$ 42
2003	Shiraz Mad Fish	Great Southern, Australia	\$ 52
2002	Merlot Blends Chateau Bouqueyran	Bordeaux, France	\$ 56
2004	Cabernet Blend Cullen	Margaret River, Australia	\$ 68
2004	Dry Red Botobolar	Mudgee, Australia	\$ 65
2003	Negroamaro Tomaresca "Masseria Maime"	Puglia, Italy	\$ 85
2003	Pinot Noir Dm. Villaine "La Digoine"	Cote Chalonnaise, France	\$ 85
2001	St Emilion Ch. La Tour Figeac	Bordeaux, France	\$140