



## *La Thérapie Culinaire*

The Chateau Spa & Organic Wellness Resorts, the world's first organic spa and wellness resort has reached yet another breakthrough in dining never before experienced in Malaysia with our new concept menu (La Thérapie Culinaire).

It all started with guests asking for specialized diets to cater to their unique conditions that require a special menu tailor fit to their particular needs and flavor palate.

**Le Thérapie Culinaire is exquisitely prepared to provide an enlightening dining experience. We have 7 delicate menus which are the ensemble of foods masterfully crafted for specific enrichment and goodness.**

- Coeur Fort* ☞ *Strong Heart*
- L'Assiette Antioxydant* ☞ *Antioxydant Plate*
- Chargeur de Protéine* ☞ *Protein Charger*
- Nettoyage du Corps* ☞ *Body Cleansing*
- Vitalité du Cerveau* ☞ *Vital Brain*
- Corps Essentiel* ☞ *Body Essentials*
- Régime du Diabétique* ☞ *Diabetic Diet*

*Bon Appetite*

## *Coeur Fort Strong Heart*

There is a strong link between diet, exercise and the development of heart disease. Nutrition plays an important role in the treatment of cardiovascular disease especially for high blood pressure and coronary artery disease. This menu seeks to improve heart health by its use of nutrition therapy.

### *Pearl Barley and Pomegranate Salad Artichoke Barigoule, Oatmeal Granola, Cayenne Sliced Orange*

- Pearl barley - contains niacin, a vitamin that has been used successfully in the treatment of high blood cholesterol levels.
- Pomegranate - good source of fiber and contains vitamins A, C and E, it also contains potassium which can help lower and control blood pressure.
- Artichokes - high in dietary fiber and potassium, fiber helps "sweep" away the bad cholesterol and potassium is important in maintaining the normal functioning of the muscles, nerve cells, kidneys, adrenal glands, heart and heart valves.

### *Slightly Smoked Eggplant & Wild Garlic Soup Licorice- Basil Olive Oil*

- Eggplants - rich source of dietary fiber, vitamin B6 and potassium. A deficiency in vitamin B6 has been linked to increased homocysteine levels which may lead to cardiovascular disease.
- Garlic contains allicin which has been shown to exhibit anti-hypertensive effects.

### *Poached Halibut, Liquid Parmesan Gnocchi Wild Mushroom Infusion*

- Halibut - rich in protein and is a good source of omega-3 fatty acids which can help lower elevated triglyceride levels.
- Peanuts are rich in monounsaturated and polyunsaturated fatty acids (good fats) which help lower levels of low density lipoprotein and triglycerides (bad fats) in the blood.

### *Avocado Tubes Wrapped in Canonigo Meringue with Mango Sorbet & Berries Compote*

- Studies show that avocados have beneficial anti-inflammatory and vascular health effects because they are rich in monounsaturated fatty acids (oleic acid) and antioxidants (carotenoids, tocopherols, polyphenols).
- Berries - especially blueberries contains valuable amounts of fiber, vitamins C and B in addition to flavonoids that improve the circulation and help the body fight against infection.
- The fiber, potassium and vitamin content in mangoes all help to prevent heart disease.
- Walnuts, almonds and other tree nuts can improve blood cholesterol. Rich in mono- and polyunsaturated fatty acids, walnuts also help keep blood vessels healthy.

**RM150**

## *L'Assiette Antioxydant* *Antioxidant Plate*

Antioxidants like vitamins A, C and E and minerals like copper, selenium and zinc protect the body from damage caused by harmful molecules called free radicals. Free radicals build up leads to oxidation of protein and DNA. The best sources of antioxidants are fruits & vegetables because they are rich in phytochemicals. Phytochemicals have been found to be anti-allergenic, anti-carcinogenic, anti-viral and anti-inflammatory.

### *Quail Crusted with Buckwheat* *Blueberry and Mango Chutney with Spicy Asparagus*

- Quail - contains zinc which is essential for the breakdown of carbohydrates, protein and fat, in the functioning of the immune system including wound healing and in the senses of taste and smell.
- Blueberries are rich in anthocyanin and vitamin C which helps protect cells and aids in the absorption of iron.
- Buckwheat contains the amino acids lysine & arginine along with tocopherols, phenolic acid, selenium & flavonoids which all help to eliminate free radicals.

### *Capsicum, Ginger and Sweet Potato Soup*

- Sweet potato - is loaded with vitamin A essential for vision, bone growth, reproduction, cell functions, and immune system, vitamin B1 which acts as a co-enzyme in body metabolism, vitamin B6 which is a cofactor for enzymes, vitamin C that promotes healing and helps the body absorb iron, vitamin E which plays a role in the immune system and metabolic processes, copper and zinc which helps maintain a healthy immune system and is important for wound healing.

### *Pan Roasted Sea Bass with Butternut Squash Gnocchi* *Capsicum Stuffed with Quinoa,* *Garlic Infused Tomato & Organic Greens*

- Sea bass - contains vitamins A, B12, iron and potassium.
- Tomato - is rich in lycopene, a powerful antioxidant that helps protect against cancer.
- Capsicum - helps to suppress lipogenesis and helps to scavenge for free radicals in the body.

### *Strawberry Consomme with Fresh Mixed Berries*

- Strawberries - loaded with fiber, vitamin C, folic acid, manganese, potassium and polyphenols and are listed among the top 20 fruits in antioxidant capacity.
- Berries - have been shown to have protective effects against certain types of cancers.

**RM150**

## *Chargeur de Protéine* *Protein Charger*

Protein is made of building blocks called amino acids which serve as the major structural component of muscle & other tissues in the body. In addition, they are used to produce hormones, enzymes and hemoglobin. Although the human body can make some of these amino acids, nine of them (the essential amino acids) must be obtained from food.

### *Chicken and Roasted Mushroom Terrine* *Pickled Hon Shimeji, Plum Relish*

- **Chicken** - an excellent source of protein, vitamins and minerals and is lower in both total and saturated fat than most red meat.
- **Mushrooms** contain protein as well as vitamin B-complex.

### *Black Eyed Bean, Poached Egg Stuffed with* *Watercress Soup*

- **Beans** - are a low fat, high protein food source rich in dietary fiber.
- **Egg** is one of the few food sources considered to have high biological value because it contains all nine essential amino acids.

### *Fillet of Veal Grilled Tiger Prawns,* *Steamed Broccoli, Quinoa Tuile, Onion Sauce,* *Cardamom, and Carrot Air*

- **Veal** - is a lean meat that provides a higher concentration of protein, weight for weight, than its higher fat counterpart.
- **Prawns** - are low fat, high protein food loaded with vitamin B12, niacin, copper, manganese, potassium, selenium, zinc and sulfur.
- **Quinoa** - is a gluten free, high fiber, high protein super grain. Properly balanced with whole grains and fiber, this dish packs a punch to help build muscles.

### *Baked Apple Stuffed with Almonds &* *Pistachio with Sabayon Sauce*

- **Granny Smith apples** - are especially rich in malic acid, an alpha-hydroxy acid that helps reduce the signs of aging and helps produce collagen.
- **Almonds and pistachio nuts** are high in protein and magnesium along with plant sterols that lower cholesterol.

RM180

## *Nettoyage du Corps* *Body Cleansing*

Body cleansing is aimed at eliminating toxins from the body. Nutritional deficiencies and the body's inability to eliminate toxins from the body pose certain health risks. The main purpose of this menu is to help cleanse the major detoxification organs in the body.

### *Crushed Avocado and Pumpkin Seed Beetroot Carpaccio, Grapefruit Jelly, Micro Cress*

- Avocado contains vitamins B1, B6, C, E copper, magnesium, potassium, monounsaturated fatty acids that help protect the liver against toxins and increase its cleansing power. A healthy liver burns fat more efficiently helping with weight loss.
- Beets are high in antioxidants that allow bile to move more freely through the liver and into the small intestines helping to prevent fatty liver.
- The ginger, grapefruit and vegetables help clean the digestive system and fight against infection.

### *Melon Confit Soup Silken Tofu and Raw Whole Almond Coconut Liquid Gel*

- Melon is high in fiber to help cleanse the colon.
- Soybeans act like diuretics allowing the body to urinate more often.
- Oregano added to flavor the soup helps boost the body's immune system against infections.

### *Kale and Nutty Spinach Fricassee Grilled Asparagus, Turmeric Poached Potato, Kaffir Lime "Bisque"*

- Kale and spinach are rich in dietary fiber essential in maintaining a healthy digestive system. They increase the feeling of fullness after a meal helping with weight control. It also promotes regular bowel movement and keeps the gastrointestinal tract clean.
- Asparagus, spinach & turmeric are excellent diuretics helping the kidneys flush out waste.

### *White Peach Sorbet, Matcha Green Tea Ball*

- Berries contain ellagic acid, a phenolic acid that reduces cellular damage caused by smoke and air pollution.
- Green tea is host to polyphenols and flavonoids good for the body in addition to being a diuretic to help flush out metabolites.

**RM150**

## *Vitalité du Cerveau* *Vital Brain*

Nutrition therapy plays a critical role in maintaining the central nervous system. A diet rich in omega 3, omega 6, vitamin B-complex, minerals like calcium, magnesium, and zinc all help maintain the optimum working condition of the brain, spinal cord and optic nerves.

### *Hokkaido Scallops Ceviche with Walnut Viennoise Paprika, Granny Smith Apple, Squid Ink Crackers*

- Scallops - rich in potassium essential in the normal functioning of nerve cells and vitamin B12 which is necessary for red blood cell formation, DNA synthesis and proper neurological function.
- Walnuts - contains healthy fats that help maintain the integrity of the central nervous system.
- Granny smith apples - rich in antioxidants that help protect against harmful free radicals.

### *Barbequed Pumpkin & Ginger Soup Spicy Pear and Chicken Wing*

- Chicken - contains niacin and vitamin B2 which is essential in the development, maintenance and function of the nervous system. It also contains vitamin B6 which helps produce chemicals that send messages between nerve cells.
- Turmeric and nutmeg - helps prevent the formation of plaques in the brain characteristic of Alzheimer's disease.

### *Cumin-Salt Crusted Milk Fed Lamb Bean Fricassée, Mint-Arugula "paste"*

- Lamb - contains vitamin B2, vitamin B6, vitamin B12, niacin, iron, potassium and zinc. Iron is what gives blood its distinctive red color and plays a major role in transporting vital oxygen around the body.
- Cumin contains iron to help increase blood flow to the brain decreasing the risk for dementia and Alzheimer's disease.
- Rosemary helps prevent brain damage by blocking the harmful chemicals lowering the risks of stroke and Alzheimer's.

### *Low Fat Yoghurt Tiramisu Macaron with Coffee Ice Cream and Crusted Walnut*

- The caffeine in coffee is associated with having better memory and has been shown to minimize the build - up of amyloid protein plaque long linked to Alzheimer's disease.
- Polyphenolic compound found in walnuts reduce the free radicals in the brain cells and helps improve the interneural signalling and neurogenesis.
- Cashews are a good source of vitamin E which prevents age related decline of the brain.

RM220



## *Corps Essentiel Body Essentials*

The best way to get enough vitamins and minerals is to eat a balanced diet with a variety of food since the body cannot produce them. Both are responsible for many chemical reactions in the body. Vitamins are essential for normal growth and development. Minerals are essential in regulating metabolism and they work together in anabolic and catabolic reactions (making and breaking down of body tissues).

### *Crayfish, Mango and Thai Basil, Kombu, Charred Sweet Onions*

- Crayfish - lean protein rich in vitamin B12 which is essential for the proper functioning of the nervous system and DNA production. It also contains niacin which is essential for energy production.
- Kombu - contains glutamic acid, an amino acid which helps break down heavy starches. It is also rich in iron essential for carrying oxygen throughout the body and iodine needed by the thyroid glands to produce hormone.
- Mangoes - are rich in vitamin A essential for maintaining healthy vision, folic acid and vitamin C.

### *Spring Medley of Tomato and Capsicum Gazpacho with Organic Coriander*

- Tomatoes - a great source of glutathione known as the master antioxidant. It also contains lycopene and vitamin C which can help to protect you against certain types of cancers and cardiovascular disease.
- Capsicum - rich in vitamins A, C and potassium, an electrolyte necessary to maintain the correct water-acid-base balance in the body. Capsicum also contains a chemical called capsaicin which has been shown to boost metabolism.

### *Roasted Turbot with Apricot Dressing, Eggplant and Herbs Cannelloni*

- Turbot - loaded with vitamin B6 to help the body produce and digest amino acids including insulin. It also contains magnesium necessary for normal muscle contraction and bone and teeth health and potassium that acts as a vasodilator.
- Apricots - loaded with vitamin A in the form of carotenoids which is essential to healthy vision, vitamin C which helps boost the immune system, copper, potassium and dietary fiber.
- Eggplant - contains vitamin B6 which is involved in more than 100 enzyme reactions mostly concerned with metabolism.

### *Passion Fruit Tart with Citrus and Berries Salad*

- Passion fruit and citrus are both rich in vitamin C, a powerful antioxidant that protects the body against infection.
- Raspberries contain folate which is vital for RNA and DNA synthesis, vitamin B6 which plays a key role in the production of hemoglobin and vitamin C which helps form collagen.

RM220



## *Régime du Diabétique* *Diabetic Diet*

Nutrition plays a vital role in the treatment of diabetes. The primary goal of medical nutrition therapy is to keep blood sugar levels in the normal range to prevent diabetes related complications. The menu adheres to the low glycemic index rate. The glycemic index, or GI, classifies foods according to how fast they release blood sugar into the bloodstream. High GI foods cause a spike in the blood glucose level triggering insulin which turns on fat storage whereas low GI foods require less insulin.

### *Venison and with Olive Oil Snow* *Cumin Beetroot*

- Venison is a lean protein source replete with vitamins B1, B2, B6, B12, niacin, copper, iron, potassium and zinc.
- Cumin is useful for digestion and energy production, and may improve glycemic control in people with type 2 diabetes.

### *Potage of Garden Pea, Coriander* *and Cinnamon Yoghurt*

- Coriander seeds encourage the pancreas to produce more insulin—the hormone that helps shuttle glucose into the cells to be burned as energy. This prevents excess blood sugars from being stored as fat.
- Yoghurt is a low fat dairy product that does not directly affect the blood sugar levels.

### *Flame Grilled Biryani Tiger Prawn,* *Squash, Capsicum with Passion Fruit*

- Tiger prawn is a low fat, high protein food low in the glycemic index list, it also contains vitamin B1, copper, potassium, selenium and zinc.
- Squash has a low glycemic index and is a good source of carbohydrates in addition to being loaded with vitamins and minerals.
- Capsicum improves the metabolism rate, which can help your body burn more fat, rather than storing it which helps prevent the secondary diseases caused by diabetes.

### *Raspberry Yoghurt Lollipop, Granola* *Crumble, Quinoa Jam and Mango Salsa*

- Oats and yoghurt takes longer to break down in the body making it easier to control the blood sugar level.
- Raspberry and mango score low in the GI index and are high in vitamins C and B6.
- This dessert is done without sugar so please eat the mango to get the sweetness.

**RM220**

\*An additional surcharge of RM50 is applicable for the Lobster option.