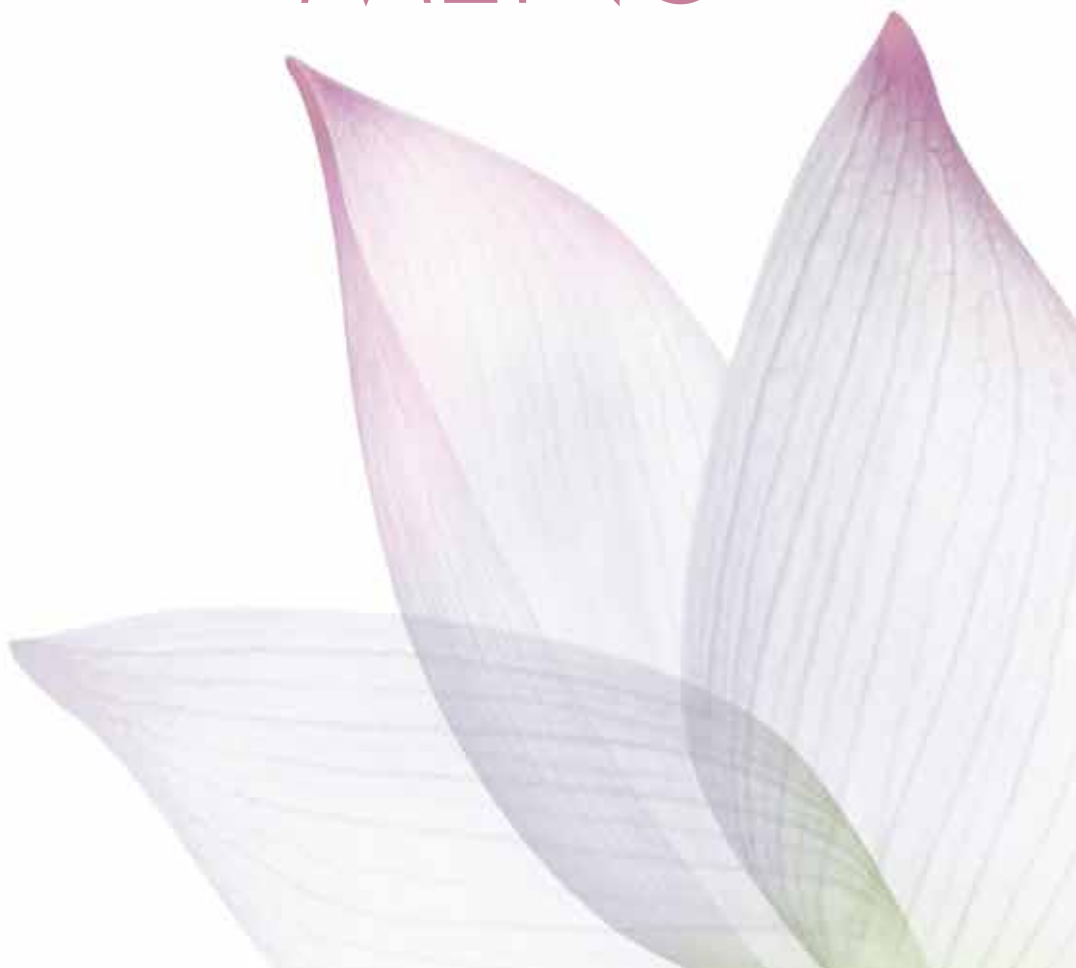




R A F F L E S S P A

HEALTHY MENU



WE ARE COMMITTED
TO PROVIDING DEDICATED
PERSONAL SERVICE IN AN
OASIS OF REFINED LUXURY



One of the most important things in life is good health.

Here at the Raffles, we take great pride in ensuring our guests are well-equipped to lead a healthier lifestyle by providing them with the most nutritious ingredients and dishes inspired by the latest trends in health and wellness.

Escape, Indulge, Transform.

This is Raffles Spa

SNACKS

Savoury Paleo Mix N

350 TL

Nutrients and calorie

Calorie 317 / Carbs 22g / Protein 10g / Fat 35g

Pecans, pumpkin seeds, plantain chips, coconut chips, macadamia nuts

Candied Dried Fruit V-VE-G

300 TL

Nutrients and calorie

Calorie 346 / Carbs 92g / Protein 5g / Fat 1g

Guava, mango, star fruit, melon

Super Seed Bar V-VE-G

300 TL

Nutrients and calorie

Calorie 340 / Carbs 55g / Protein 11g / Fat 15g

Organic rolled oats, chia and pumpkin seeds, tahini, dates, himalayan salt



V Vegetarian - N Contains Nuts - G Gluten free - VE Vegan

All our seafood dishes are prepared using only sustainability certified seafood.

RAW

Crudities of Seasonal Vegetables V-G 120 TL

Nutrients and calorie

Calorie 128 / Carbs 21g / Protein 6g / Fat 3g

with Turkish dipping sauce

Green Gazpacho V-G-VE 150 TL

Nutrients and calorie

Calorie 214 / Carbs 10g / Protein 2g / Fat 16g

Superfood Salad V 180 TL

Nutrients and calorie

Calorie 485 / Carbs 44g / Protein 14g / Fat 25g

With seeds and organic grains

VEGAN

Roasted Cauliflower Freekeh V-VE

180 TL

Nutrients and calorie

Calorie 331 / Carbs 45g / Protein 19g / Fat 16g

With garlic tahini sauce

Rice Paper Roll V-N-VE

185 TL

Nutrients and calorie

Calorie 360 / Carbs 50g / Protein 80g / Fat 40g

With vegetables, nuts, eggplant puree

Asparagus and Beetroot Salad V-VE

200 TL

Nutrients and calorie

Calorie 118 / Carbs 15g / Protein 5g / Fat 4g



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GLUTEN-FREE

Roasted Root Vegetables V-G

200 TL

Nutrients and calorie

Calorie 385 / Carbs 27g / Protein 19g / Fat 23g

With pickled beets, feta cheese

Lemon Cajun Spiced Chicken Breast N-G

250 TL

Nutrients and calorie

Calorie 350 / Carbs 19g / Protein 48g / Fat 34g

With corn and carrot hash

Avocado, Tomato and Corn Salad G

320 TL

Nutrients and calorie

Calorie 400 / Carbs 28g / Protein 33g / Fat 22g

With seared tuna

Burrata and Tomato Salad V-N-G

200 TL

Nutrients and calorie

Calorie 440 / Carbs 8g / Protein 39g / Fat 44g

With basil and pesto

DAIRY-FREE

Roasted Tomato Soup V

110 TL

Nutrients and calorie

Calorie 220 / Carbs 16g / Protein 3g / Fat 16g

Wild Rice V-VE

180 TL

Nutrients and calorie

Calorie 229 / Carbs 30g / Protein 5g / Fat 10g

With roasted beets, asparagus, citrus segments

Asian Steamed Salmon G

400 TL

Nutrients and calorie

Calorie 420 / Carbs 2g / Protein 50g / Fat 30g

With sesame, ginger, bok choy and sprouts

LOW CALORIE

Zucchini Spaghetti V-N-VE

120 TL

Nutrients and calorie

Calorie 318 / Carbs 10g / Protein 8g / Fat 29g

With roasted almond

Poached Chicken Breast G

250 TL

Nutrients and calorie

Calorie 335 / Carbs 3g / Protein 47g / Fat 13g

With leafy salad and sprouts

Steamed Salmon, Spinach Salad G

400 TL

Nutrients and calorie

Calorie 296 / Carbs 13g / Protein 35g / Fat 12g

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RAFFLES SPA DRINKS

Turmeric Booster "Sleep" Turmeric, lemon, black pepper	150 TL
Zen "Sleep" Oat milk, black tea, ginger, cardamom pods, cinnamon, maple syrup	150 TL
Sweet n' Sour "Jet Lag" Pear, fennel, lime, celery, cucumber	150 TL
C.K Smoothie "Second Brain" Cherries, plain kefir, raw honey	150 TL
Chocolate Flavoured Protein Shake Low carb and high protein shake 24g protein / 5.5g BCAAs / 4g glutamine	150 TL
Kombucha Kombucha is a fermented tea that has been consumed for thousands of years, it is rich in beneficial probiotics and contains antioxidants.	150 TL

All our coffee and tea products are sustainability certified.
To order from the menu please contact our spa reception.
Prices and contents may be subject to change over time.
All prices are in TL and inclusive of VAT.



RAFFLES

ISTANBUL
ZORLU CENTER