



# healthy living

Everyone approaches healthy eating in a different way. At Atmosphere, our 'healthy living' menu focuses on the use of lean meats, healthy proteins, whole grains, good fats, fresh & locally grown fruits, vegetables and herbs, low salt and limited sugar. We also appreciate that today many of us have additional dietary requirements or preferences, so we have included a sample of raw foods, gluten free and vegan meals along with the standard low fat and high protein/low carb options.

## key



vegan friendly



chicken



gluten free



raw



beef



high protein



fish or seafood





low fat



imported

## simple and sinless salads



  **fruits, nuts & seeds salad** *a symphony of sunflower, pumpkin & sesame seeds, walnuts, apple & mango on a bed of lettuce*

 **evergreen salad** *lettuce, cucumber, malunggay, kangkong, blanched green beans, kale leaves & broccoli*

  **mixed salad** *lettuce, tomato, cucumber, corn, bean sprouts and radish*

### add your choice of dressing

balsamic vinaigrette  
orange & sesame vinaigrette  
raspberry vinaigrette  
lime & herb dressing





### additional toppings

grilled tofu  
grilled or steamed prawns (75 g)  
grilled or poached chicken breast (100 g)  
seared tuna (100 g)  
grilled or poached grouper or snapper (100 g)  
grilled or poached dorado fillet (100 g)

## chef's salads

our executive head chef puts a little artistic creation to the concept of a salad

   **carrot, apple & walnut salad** *with orange dressing*

    **quinoa salad with seared & crispy tuna with wasabi**  
*with lime, honey, mustard & olive oil*

    **poached chicken apple & arugula salad**  
*served with walnuts and raspberry vinaigrette*

     **grilled beef fillet mignon** *220 grams of imported beef tenderloin, served with tomato and onion salad*

## soups


   **filipino malunggay soup with tofu and pumpkin**  
*vegetable broth flavored with leaves from the moringa tree*

    **filipino fish tinola soup** *with local vegetables and infused with chili, lime leaves and malunggay and choice of: dorado or mackerel or white marlin*

    **vietnamese chicken pho soup**  
*with strips of chicken breast and rice noodles, flavored with lemongrass and lime leaves*

# lite bites

for those wanting to opt for a lighter snack or meal

  vietnamese spring rolls *rice vermicelli with poached shrimps in rice wrapper, served with hoisin & peanut dipping sauce and warm asian sauce*

 halloumi & cherry tomato skewer *grilled halloumi cheese wrapped in kale leaves, skewered with cherry tomatoes, served with hummus*

   eggplant and quinoa gratin *with eggplant and sundried tomato melt, topped with mango salsa, feta & yogurt*





# healthy hearty

for those craving something a little more filling

  couscous risotto *with spinach & sundried tomatoes*





   mexican style quinoa

additional toppings:

-  *grilled or poached chicken (150g)*
-  *poached or grilled snapper or grouper (150g)*
-  *grilled prawns (150g)*
-  *grilled tuna (150g)*

  indonesian brown rice nasi goreng with tofu

additional toppings:

-  *grilled or poached chicken (150g)*
-  *poached or grilled snapper or grouper (150g)*
-  *grilled prawns (150g)*
-  *grilled tuna (150g)*

# sweet treats

fresh fruit salad in coconut shell *with strips of young coconut, raisins, tropical fruits, nuts, yogurt and honey on the side*

homemade malunggay ice cream *made with soy milk, low fat cream, stevia and honey*

malunggay cake

protein muesli bar *homemade bar with dried fruits, seeds and chocolate coating*

protein shake *with high quality protein powder*

choice of: *soy milk or full fat milk or low fat milk*  
*- banana or wild berries*

gluten free protein pancake *3 pieces of a healthy option pancake made of soy milk, gluten free flour and high quality protein powder*

In a world full of fast food, processing and genetic engineering, we feel it is imperative to, when possible, source our ingredients fresh, local and as environmentally conscious as possible whilst supporting the local farmers and fishermen. Our goat cheese is made here in Dauin, all herbs are grown in Valencia and handpicked, our vegetables are grown around Dumaguete and arrive at the resort fresh and free of packaging. Our local fish is from a sustainable source and caught in the surrounding waters by local fishermen.