

RESTAURANT Vital

Ayurveda

**„The art and science of living“ is the colloquial translation of ayurveda.
Ayurveda is the oldest system of medicine in the world
and it has its seeds in India.**

**It benefits all which grows in our nature
(nutrition, spices and natural medicine).**

**The target of ayurveda is to create a strength body, a clear intellect
and a cheerful guest.**

**Gladly we provide you also, in arrangement with our nutritionist,
an individual menu cut to your needs.**



**Please note the advices of food that ayurveda does not set up dogmas but allways
considers the individual needs of humans. Enjoy each meal and decide what is good
for you.**

**Every human in the theory of the Ayurveda are singular and everyone has an individual
Dosha, we arrange for you also with our Ayurveda-team an individual menu for your
needs.**

RESTAURANT Vital

Our 4 Course Ayurveda Menu

Starter

Tuna tatar with lemongrass jelly and mango-pomegranate

Soup

Spicy soup of beetroot with cinnamon foam

Main Course

**Filet of barramundi grilled in tea tree bark
with chayote and coconut-coriander rice**

Dessert

**Black-rice-parfait with candied ginger,
pistachios and backed tamarillo**

4 Course 42,50 €

RESTAURANT Vital

Starters

**With sesame gratinated avocado,
celery-grape-ragout and curry-banana-salt** **10,50 €**

Avocado is a thoroughly healthy fat bomb. The monounsaturated, fatty acids lowers a too high cholesterol level and strengthen the heart and cycle

Tuna tatar with lemongrass jelly and mango-pomegranate **12,50 €**

Highly effect concentrated: Protein and iodine from tuna bring you shortly in a top form. Above the protein histidine which is in the tuna helps by blood poverty

Soups

Spicy soup of beetroot with cinnamon foam **5,50 €**

Beet root is a very healthy vegetable, it contains many vitamin B, potassium, ferreous. Beet root leafs you can cock like spinach.

Soup of carrot and papaya with dill foam **5,90 €**

The content of carotin (mostly α - and β -carotin) of the carrot is the most amongst all vegetables. Carrots are very important for small kids and babies.

Vegetarian

Curry of pumpkin and cashew with basmati rice **9,50 €**

Cashew contain, vitamin B6 and tryptophan can be helpful against depression.

Vegetable plate with aromatic pearl sago and lassi **10,50 €**

Sago is starch from sago palm tree. It will be used for soups, fruit grit and pudding.

RESTAURANT Vital

Main course

Grilled Tuna with apricot-mustard foam and Shii-Take-chickpea curry 23,00 €

Mustard seeds operate for higher appetite and be eupeptic.

Duck breast on pumpkin mash with chili-sesame and fennel salad 19,50 €

Chili contains capsaicin which is accountable for pepperiness. In medicine Cchili will be used against rheumatic pains.

Coconut-lamp curry with pita bread and tomato-chutney 18,50 €

Lamb is an excellent fuel for brain and muscles. It contains plentifully biological, high-quality protein, iron, zinc and B-vitamins, particularly Niacin and vitamin B12.

Filet of barramundi grilled in tea tree bark with chayote and coconut-coriander rice 19,50 €

The tea tree, come from Australia. The main product is oil these oil is used against itching or inflammation.

Dessert

Wheat-banana-pudding with date and lime-sorbet 6,50 €

The wheat corn is a compact wonder it contains calcium, vitamins, minerals, phosphor, starch and gluten.

Black-rice-parfait with candied ginger, pistachios and backed tamarillo 7,50 €

The tamarillo will be eaten as fruit with sugar or also as stuffing in meat, as jam or dessert. It consist of 82,7 until 87,8 % water, they contain vitamin A, B₆, C and E.