



*Over 2,000 years ago, Greek philosophers originated the idea that our universe and all it encompassed was comprised of five basic elements:
AIR, EARTH, FIRE, WATER, PLANT.*

Choose dishes based upon your physical and emotional needs from the Mandhoo Five Elements Menu



the 5 elements menu

History of the five elements

Over 2,000 years ago, Greek philosophers originated the idea that our universe and all it encompassed was comprised of five basic elements: AIR, EARTH, FIRE, WATER, PLANT.

They believed that balance within and between the elements formed the foundation for good health and that a disruption to this harmony leads to ill health. This 'Five Element' theory is still the basis for healthcare in many parts of the world today and is represented in the philosophy here at the Spa Retreat. As you peruse through the Mandhoo Restaurant menu, you will notice that the cuisine has been arranged into the five elements. Each element has a specific taste, temperature, level of moisture and density. The associated cuisine affects the body, mind and spirit in different ways.

Characteristics of the five elements

Air - **energizing**

Earth - **nourishing**

Fire - **detoxifying**

Water - **relaxing**

Plant - **fortifying**

How to use the Mandhoo Menu

There are a variety of ways to choose your cuisine at Mandhoo Restaurant. You may simply like to read through the menu and select the dishes that sound most appealing!

You can choose dishes based upon your physical and emotional needs. Select the cuisine from a particular element to reap the benefits associated with its characteristics. You may also like to consult our in-house nutritionist to ensure that you choose cuisine that will be of most nutritional value to you.

Our challenge at Mandhoo Restaurant has been to create a cuisine that is not only well-balanced and nutritious but also exciting: tantalizing the taste buds and leaving you feeling content and satiated. Only the freshest ingredients are used and, where possible, organic or biodynamic produce are utilized. Whichever way you decide and whatever dishes you choose, your experience at Mandhoo Restaurant will be one to treasure.

Ptn=Proteins

Cho=Carbohydrates

Sat=Saturated Fats

E=TotalEnergy

Air

The element Air is energizing. It is associated with the mind and mental activity. Dishes belonging to the element of air are light, 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.

Earth

The Earth sign is pampering and nurturing. The element of earth represents permanence, stability and security. It also represents nourishment on all levels and thus earthy dishes are anabolic. The earth sign is dry and cold and the food is dense. Earthy dishes are indicated where a person needs grounding.

Fire

The Fire element represents detoxification and purification. It does so by increasing circulation and 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 dishes stimulate the appetite and aid with the assimilation and absorption of food, in the cases of excess water, they can be used to drain the sinuses, to promote expectoration of phlegm and to decongest cholesterol blocked arteries.

Water

The water element represents relaxation. Psychological qualities associated with water include inner conscience and tranquility. The water sign is wet and cold. Water dishes are also beneficial for persons experiencing dryness of the skin and mucous membranes.

Plant

The plant element of plant is a powerful force; its essence is alive and pure. Plant is active - representing our nutrition and nourishment. Plant dishes are intensive and purifying, focusing on nourishment of the body. If you feel in need of a vitamin and antioxidant boost then plant treatments are for you.

air

bring your life into balance

baked local tiger prawns gravlax style on the plancha, organic salmon with green leaves,
fresh tomato tea with diced tofu

ptn 26.3g cho 2.7g fat 1.8g sat 0.5g e 602.3kj 139.4cal

warm calamari and sea bass on the plancha, asparagus and rocket salad, yoghurt and tangerine dressing

ptn 34.5g cho 4.8g fat 7.5g sat 1.65g e 961.6kj 227cal

crabmeat salad with avocado and mango, grapefruit and blueberry granité, mini watercress

ptn 5.2g cho 5.7g fat 1.2g sat 0.2g e 242.8kj 56.4cal

reef fish and scallops, cannelloni of feta and roasted pistachio, lemon grass, chili, warm orange vinaigrette

ptn 31.2g cho 9.6g fat 12.9g sat 7.6g e 1166kj 278cal

earth

reach inner peace and soothe your soul whilst reviving your senses

nori crusted beef tenderloin, teriyaki shitake, sour cream with wasabi

ptn 38.2g cho 8.3g fat 29.1g sat 16.8g e 1860kj 441.7cal

sage marinated chicken breast, pumpkin and confit shallot risotto,

warm orange broth, apple and horseradish chutney

ptn 35.4g cho 62.5g fat 15.8g sat 4.7g e 2208kj 538.3cal

roasted lamb filet with chili flakes, chickpeas with tomatoes,

eggplant purée with sunflower seeds and argan oil

ptn 47.7g cho 8.4g fat 21.9g sat 9.4g e 1800kj 421.3cal

fire

ease away stresses of modern day living

korean style seared tuna with stir fried bok choy, lime chili and coriander vinaigrette

ptn 36.8g cho 2.6g fat 10.8g sat 3.8g e 1076.5kj 255.8cal

yakitori chicken skewers,

raw mango salad with cashew nut, hot ginger and ginseng tea

ptn 29.2g cho 11.9g fat 12.3g sat 3.6g e 1212.6kj 289.4cal

roasted spicy marinated spatchcock, potato nouvelle, pearl onion, chili paste lemon

grass and soy beans condiments

ptn 34.9g cho 32.3g fat 44.5g sat 2.7g e 1410kj 677.5cal

water

awaken your senses to inner tranquility

pan fried filet of sea bass, russet potato purée with wasabi,
cucumber and mango chutney with lemon balm

ptn 37.3g cho 26.6g fat 10.4g sat 5g e 1491.3kj 349.5cal

reef fish coated in japanese dried rice seasoning, bokchoy and adzuki beans, soy sesame and ginger sauce

ptn 36.9g cho 51.1g fat 11.7g sat 2.1g e 1918.6kj 457cal

*** glazed tofu,

raw vegetables salad with pineapple vinegar, hot miso broth with lotus seeds

ptn 7.6g cho 8.8g fat 4.3g sat 0.6g e 451.6kj 103.4cal

*** vegetarian dish

plant

discover a powerful force with an alive and pure essence

tuna with sesame seeds on the plancha,
sweet potato and confit artichoke, low fat cream with spices
ptn 40.5g cho 13.1g fat 22g sat 8.9g e 1734kj 409.4cal

*** three salads

spinach with almond and orange dressing asparagus with sunflower seeds and truffle vinaigrette
cauliflower and olives with pistachio
ptn 5.3g cho 24g fat 5.6g sat 0.2g e 765.7kj 169.6cal

*** sweet and sour pickled cabbage salad, green mango with chili and sesame seeds, sautéed mushroom salad,
green beans and pumpkin seeds,
small leaves with avocado, broccoli and cherry tomato, tangerine olive oil
ptn 12.4g cho 25g fat 3.9g sat 0.3g e 792.6kj 185.1cal

*** vegetarian disd

sweets

enjoy pure temptation

air

poached pear in red wine and star anise, lemon grass chilled cream on dacquoise, maple syrup and walnut ice-cream

ptn 16.81g, cho 7.45g, fat 2.44g, sat 1.54g, e 230.80kj, 55.16cal

earth

egg custard flan with banana and dates served with rhubarb confit, bourbon vanilla ice-cream

ptn 41.13g, cho 7.10g, fat 5.39g, sat 4.22g, e 489.71kj, 117.04cal

fire

organic cheese cake, panna cotta of caramelised tofu, fine sea salt, orange kumquat confit, fruit soup with tapioca pearls

ptn 70.41g, cho 19.40g, fat 7.48g, sat 4.38g, e 681.15kj, 162.80cal

water

crème brûlée of liquorice and soya milk, berry macaroons, mango sorbet, tamarind glaze

ptn 24.54g, cho 6.80g, fat 2.38g, sat 1.44g, e 254.79kj, 60.90cal

plant

fresh fruit skewers, ginger granité and grape fruit jelly

ptn 12.24g, cho 0.00g, fat 0.14g, sat 0.01g, e 154.99kj, 37.04cal

lassies

plain

natural yoghurt, salt, sugar, mineral water.

apple

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, they have been used to ease the pain and inflammation of arthritis, rheumatism and gout.

kiwi

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.

pineapple

contains the enzyme bromelain which may reduce inflammation in the body and help digest protein-rich foods.

pineapple may be very good in assisting sore, inflamed throats.

mint

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.

exceptional tea

english breakfast tea

(india)

earl grey

(srilanka)

jasmine silver needle

(china)

organic jade sword

(china)

chamomile flower

(egypt)

peppermint tea

(germany)