



A gastronomic adventure in healthy eating, De-Light by Sofitel is a pleasurable surprise of refined taste with the freshest ingredients and tempting flavours. Developed exclusively by Thalassa Sea and Spa, the recognised nutrition and wellness experts in France for over 40 years, De-Light by Sofitel reflects the unique skills of our Sofitel Chefs in creating an innovative array of well-balanced, low-calorie, portion controlled meals to help you meet your health and weight goals in delicious style.

Entrées

Shaved Venison (152cal) asparagus, blackcurrant, yoghurt, crispy potato	\$25
Kingfish Sashimi (186cal) pickled watermelon, fennel, verjuice, crème fraîche	\$24
Summer Vegetables (142cal) quinoa, raspberry vinaigrette, watercress	\$22

Mains

Fish Of The Day (219cal) black tiger prawn, sweetcorn, dashi, native seaweed	\$36
Chicken Breast (235cal) summer greens, almond, potato cream	\$33
Smoked Potato Gnocchi (230cal) roasted tomatoes, courgette, ricotta, almonds	\$32

Desserts

Chocolate and Cherry (267cal) cherry mousse, sponge, kirsch, chocolate sorbet	\$17
Yoghurt Panna Cotta (240cal) berries, hibiscus, meringue, raspberry sorbet	\$17
Granite, sorbet, fruit (135cal)	\$12

Executive Chef Sebastian Hindrichs locally sources the best produce in season to design our menus. Dishes can be personalised to suit dietary requirements. For lunch or dinner, the recommendation is not to exceed 800 calories per meal. No bread and butter. No alcohol.