



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

Summer vegetable salad, balsamic reduction With lemon puree (160 cal)	\$19
Chicken consommé vegetables of the day, puff pastry (175 cal)	\$21
“Grenebloise” Salmon tartare (195 cal)	\$25

Mains

Market fish, seared vegetables, parmesan tuille (220 cal)	\$43
Vegetables of the moment, salad of fresh herbs (180 cal)	\$32
Supreme de poulet roti, chutney confite mangue, abricot (190 cal)	\$38

Desserts

Poached pear in syrup, fresh mint and grilled pistachio (185 cal)	\$18
Raspberry mousse (185 cal)	\$18
Green apple, honey rhubarb pie (170 cal)	\$18

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.