

Spa Cuisine

... nourish your body -

A sample of the delicious dishes on offer at Gaia

Entrée

- Crispy wrapped Prawn wontons served on a bed of herb and mesquite salad with red pawpaw salsa
- Stack of crispy latticed banana with Atlantic smoked Salmon, baby spinach, homemade quark (organic yoghurt cheese) with spicy tamarillo jam and salmon roe
- Salad of wild Mushrooms with pacific sea vegetables served with tempeh and soba noodles *
- Peking Duck pancakes with a spicy Davidson plum jam
- Okinomi-yaki - rice flour and cabbage pancake with seared Prawns and sweet soy
- Tempura green jackfruit and Vietnamese spring rolls served with garden herbs and sweet chilli sauce *
- Double roasted tomato and Spanish Smoked Paprika soup complimented with and olive tapenade and crispy flat bread *
- Lady behind the veil-delicious ripe Peach and Nectarine served with translucent Daikon slices and Davidson plum dressing *
- Scallop ceviche on salt cured cucumber with wasabi and coconut vinegar dressing and wakame salad
- Lemon grass infused light coconut soup with crab meat and tropical herb salad
- Rockmelon and smoked Salmon carpaccio with kaffir lime, chilly, flying fish roe and a native mint dressing
- Tomato and Bocconcini salad with fresh herbs, balsamic reduction and hempseed oil *
- Tom Yam (Gung) - A delicious tropical Thai style clear soup flavoured with fresh tropical ingredients with prawns
- Mini Mediterranean taste plate, selection of spreads, marinated olives, pickled vegetable and gluten free biscuits

Mains

- Grain fed Chicken breast in a North African spice crust, served with lemon polenta, tamarind and black onion jam a mixed bean meele

- Pan fried Tasmanian Salmon on a shelf of taro and sweet potato served with a wasabi yoghurt and warrigal spinach
- Organic field Mushrooms stuffed with thyme and goats cheese on saffron risotto with port wine and virgin olive oil reduction
- Local Reef Fish with fresh Asian spices steamed in native ginger leaf with a coconut sambal and sticky rice
- Green Jackfruit kofta balls in an East Indian spiced yoghurt sauce served with fragrant basmati rice and dry fried pappadums
- Thai red BBQ Chicken on black sticky rice with papaya salsa and tropical herbs and shoots
- White miso and nori braised Barramundi with soba noodle salad
- Baked local Snapper on a pear and butternut pumpkin terrine with white wine and pink peppercorn sauce
- Malay style spiced Vegetables and Tempeh with crispy curry leaf and fragrant coconut dressing
- Fresh Fish of the day cured with lime juice dressed in coconut and pickled turmeric sauce with fresh herbs and served with rice noodles (summer cold special)
- Tempeh steak on lemon myrtle scented stir fried vegetables and mushrooms with red miso and black bean *
- Gluten free vegetarian Lasagne stack with char grilled Mediterranean vegetables and Kukura home-made tomato sauce *

Desserts

- Pure fruit ice cream in soft chocolate biscuits (gluten free) with seasonal fruit *
- Black sticky rice served with pure fruit mango ice cream and light mandarin syrup *
- Chocolate and peppermint moose *
- Organic pears in a sticky palm sugar caramel with vanilla bean infused natural yoghurt
- Coconut cake a deliciously moist cake made entirely with coconut served warm with fresh coconut
- Rhubarb baked in red wine and pomegranate served on sheep's curd with soft quree paste
- Mango cardamom and pistachio kulfi, a delicious dairy and sugar free version of traditional Indian ice cream *
- Pure fruit raspberry sorbet with a fresh berry salad *
- Raw chocolate and avocado pie with cocoa seeds and agave syrup *

All day gourmet snacks

- Fresh baked gluten free muffins and selection of snacks and fresh fruit. Our tea table is always open to help yourself to a wide range of organic herbal teas and Australian black teas etc.
- *represents Vegan, free of any animal products including dairy, eggs and honey