

The Cleansing Menu

Including Healthy Eating Lunches Dinners Snacks & Desserts

This menu is ideal for 'pre' and 'post' cleansing or for anyone wishing to eat more nutritional goodness!! It has been created using delicious enzyme rich food from the plant kingdom. It has also been created with love by people who understand how important it is to eat something both healthy and TASTY.

Food, like all matter, is vibrational energy and when we consume it the vibration of the food is transferred to us as vital life force. Therefore, the more fresh and alive the food is, the more life force we receive. This is not to say that we must all become raw food purists. We really feel a healthy balance is the answer. Just as people differ in their personalities, thoughts and emotions, so does each body differ in its needs and responses to food. Our menu has been created with all needs in mind and offers a wide variety of raw and cooked recipes, correctly combined.

Cleansing is a great way to determine what the body needs. It brings about a heightened awareness, a closer communication between mind and body where the effects of food can become very clear messages. So listen to yourself and enjoy the great tastes on offer. Take it slowly and chew with love. Remember, it's not necessary to deprive yourself of what you want. Our menu has something for every taste bud!

Anyone can choose food from this menu, but it is particularly suitable for those who are preparing for a fast or breaking a fast, or for those on special eating programs.

All the dishes are Day Rated (the numbering alongside the meal relates to the day of your fast). For 'Before the Fast Information' follow the advice you have received from us already. Namely only eat raw vegetables and cut out all sugars, meats, fish and carbohydrates. Don't worry you will feel fantastic after!!

The day before your fast finish eating at 7pm with the last healthy salad of your choice.

To make it easier to make your choices, we have labelled each dish using a special key.

Cand = Candida friendly

Dairy = contains dairy

Low GI = slow releasing carbohydrate

All of the dishes on our Cleansing Menu are free of refined sugars. If you require additional sweeteners, wild honey can be requested (not suitable for those on Candida or Low GI diets)

For those of you finishing a Cleansing Program, welcome back to the wonderful world of eating. Suggestions are made below to indicate suitable meals for each day of your post cleanse, guided by the principles of Food Combining. Menu items are defined as, **starch**, **protein** or **neutral** and given a day rating, i.e. Day 3 meaning suitable from the 3rd day of your post cleansing period onward.

To Start

- (29) **FRUIT PLATE** *neutral day 85 B
- Watermelon ,
 Apple
 Mango
 Papaya
 Mixed fruit plate (no banana)

Also look out for our seasonal fruit basket.

*Fruit, such as papaya or watermelon, is a good way to break your fast, as long as you don't have a sugar problem. If you are avoiding sugars, choose the green plate as an alternative.

(281) Breakfast

- (a) **Not Yoghurt** A dairy free bowl of blended fresh papaya served with a complimentary fresh fruit of the day. Deceptively simple this enzyme rich fruit has boundless soothing and healing properties. *Neutral, Day 1 90 B
- (b) **Faster's Porridge** a simply delicious grounding bowl of natural oaty fibre dairy and refined sugar free. Made with Soya milk as a dairy alternative. Bananas are cooked in to release their abundant natural sugars and cinnamon is there for spicy warmth. For an extra 10B this can be drizzled with local honey. *Starch, Day 4 or 5 90 B
- (c) **Sugar free Muesli with fruit.** A sugar free version of the Sanctuary's muesli naturally sweetened with dried fruits served with fresh fruit and sugar free Soya milk or cows milk if you prefer. Low GI *Starch, Day 4 110 B
- (346) **Healthy porridge** A healthy way to start the day, no milk no 110 B

sugar, oats blended with chopped dates, flax seeds, sesame and almond with a touch of honey *Starch, Day 4



Raw Foods & Salads

These dishes are made from 80% 100% raw ingredients, & should be the main part of your diet if you are preparing for a fast.*Unless otherwise stated, raw foods are Neutral & can be eaten from Day 2.

- (283) **Moroccan Carrot Salad.** Grated carrots with fresh orange juice 100
 B
 honey & cinnamon served on a bed of lettuce & spinach greens with an 'Open Sesame' garnish.
- (208) **End of fast salad** specifically for cleansers avoiding all sugars 90
 B
 A simple combination of the 3 vegetables highest in water content & therefore easiest to digest. Lettuce, cucumber & sprouts. Green Papaya is added for its digestive stimulating properties served with a wedge of lime & a dish of olive oil & garlic on the side. Low GI, Cand. Day 1
- (209) **Green Papaya Salad** All the enzymatic power of green papaya to stimulate 95
 B
 your digestion. With cabbage & tomato in a lemon/cider vinegar/cayenne dressing. Low GI, Cand An option for breaking the fast with.
- (144) **Faster Organic salad** Grown on the island! Five types of delicious organic 145 B
 lettuce topped with some other tasty chopped veg & sunflower seeds & served with a garlic dressing. Day 2
- (203) **Confetti Salad** Grated carrot, daikon, cabbage, sweet potato, pumpkin 130 B
 & onion mixed with an olive oil & Bragg's dressing, topped with black sesame seeds. Low GI, Cand
- (204) **Grated Sprouted Salad** The secret of this dish is in the size of all the 110 B
 Ingredients. The flavours of spinach cabbage carrot cucumber & sprouts are released into your mouth all at once by being grated & finely shredded together served with a lime extra virgin olive oil & coriander dressing. Low GI, Cand
- (205) **Carrot & Yoghurt Salad** with Apple shredded carrot & apple mixed 110
 B
 together with yoghurt, lemon & a little garlic. Topped with coconut cashew & sesame seeds. Delicious. Low GI, Dairy day 3/4
- (223) **Seedy Sanctuary Salad** Crispy vegetables & beanshoots covered with 135 B
 sesame pumpkin & sunflower seeds & lastly tofu pieces (can be ordered without tofu). Delicious. Day 3

- (220) **Beetroot Rocket & apple salad** High iron content for energy & apple great for protecting against disease producing bacteria in the gut. Day 2 125 B

(286) SOUPS

Soups are great for the body to digest after fasting. We take great care not to destroy any of the vitamins or enzymes by not over boiling any of these soups. Savour the flavour! Garlic & onion are optional in all cases.

- (a) **Hot 'n' Raw Soup** A mouth watering selection of fresh vegetables are merely introduced to hot water for a light steaming before being blended with broth, garlic & ginger. The raw enzyme power of this soup is packed with Vitamin A & antioxidants for greater immunity brighter hair skin & teeth & a reputed 'brakes on' for the ageing process. Silky smooth on your tongue & super warming in your belly. Low GI, Cand *Neutral, Day 2 95 B
- (b) **Brown Rice & Seaweed Soup** with Sesame seed. Simple & nutritious Tried & true. Seaweed is high in trace minerals & vitamin B12 essential for maintenance of healthy red blood cells particularly for those following a vegetarian diet. *Starch, Day 4 Low GI, Cand 85 B
- (c) **Raw coconut curry soup** Blend fresh coconut with ginger, date And lemon with a touch of curry powder. *Neutral, Day 3 120 B
- (d) **Raw miso soup** with daikon noodles and other raw vegetables this healthy hot, raw soup is a great way to enjoy the miso flavour. Low GI*Neutral, Day 2 120 B
- (327) **Miso Soup** Difficult to get in this part of the world but Miso is worth the effort for the flora your gut demands after a fast. Found in abundance in the fermented beans this food stuff is made from. With thin slices of tofu garlic & onion & all the power of the ocean...Seaweed. Served with a coriander garnish. *Neutral, Day 3 Low GI 100 B
- (328) **Mung Bean & Seaweed Soup** Mung beans are an excellent source of protein for vegetarians cooked with seaweed to improve the digestibility of the beans. An excellent choice for those on a low GI diet. *protein, day 5 90 B

Low GI, Cand

(166) **Carrot & Coriander** Simple yet delicious soup with a touch of celery & coriander blended easy to digest Neutral day 2 100 B

(69) **Tomato Apples & Celery soup** All alkalising when cooked great before or after a fast Neutral day 3 mixed fruit/veg 100 B

VEGETABLES & SNACKS

(228) **Healthy Mash** Pure comfort in a bowl. Pumpkin, sweet potato & carrot are cooked just right & mashed with the finest virgin olive oil spiced variation with cardamom & cinnamon. Warming spices aid the digestion of heavier foods served with a fresh coriander garnish. Garlic optional. *A Lighter Starch, Day 3/4 110 B

(234) **Eggplant Dip with Vegetable Crudités** Roasted eggplant crushed with Garlic oil & seasoning served with tender young vegetables raw or steamed. *Neutral, Day 3 Low GI, Cand 110 B

(268) **Stuffed Seaweed** Nori seaweed sheets stuffed with carrots & sprouts Flavoured with onion & lemon served with a Tahini dip. Neutral day 3 Low GI, Cand 110 B

(269) **Steamed Vegetables** with Lemon Tomato & Basil Eggplant onion green beans & squash are dry sautéed in lemon juice before being lightly steamed. Finally fresh diced tomato, basil & extra virgin olive oil are stirred in to pull all the flavours together. *Neutral Day 2, (Starch), Day 4 Low GI, Cand 110 B

(270) **Sesame Sunflower Stir Up** Baby sweet corn & greens are steamed & then lightly stir fried with garlic ginger & sunflower seeds. At the last minute cucumber is added & sesame oil is drizzled over the tender lot. *Neutral Day 3 Low GI, Cand 110 B

(276) **Steamed Vegetables** Vegetables of the day lightly steamed, with extra virgin olive oil/garlic dressing. *Neutral, Day 3. 110 B

(277) **Steamed & Raw Vegetables** with Tahini Sauce & Salsa. A perfect blend of crispy raw vegetables with slightly cooked warm veg. Warming to the tummy yet still full of all those nutrients. Covered with a freshly made sauce...now this is good!!! *Starch, day 3/4 Low GI, Cand Tahini 130 B

(320) **Vietnamese Salad Rolls** Raw vegetables, Thai curry paste & coriander wrapped in rice paper rolls. Served with a sesame /ginger dip. *Starch day 3 125 B

- (147) **Asparagus with olive oil & garlic** 120 B
The queen of vegetables lightly cooked & served with a bowl of olive oil garlic. Asparagus is detoxifying & a diuretic, loaded with vitamins this is great to eat & so good for you *Neutral day 2



VEGETABLES & SNACKS

- (355) **Roast pepper & basil dip** with veg crudités Full of vitamin C peppers contain the same as oranges! Peppers Roasted then blended with soya milk can be without soya for day 2 consumption! Protein day 4 (no soya day 2) 110 B
- (264) **Green salad** ,with fresh coconut milk and lime dreesing. Assorted Fresh raw green vegetable tossed in this most amazing dressing made From fresh coconut milk and lime. 120 B
* Day 2 Low GI
- (271) **Cashew cheese dip** ,with vegetable crudités . This healthy alternative To cheese can be added to any dish or just spread thickly on to toast Or added to a salad or as this dish with vegetable crudites. 140 B
*Protein day 4/5
- (297) **Almond humus**, similar to above but made with almonds ,easy to digest served with vegetable crudités 140 B,
*Protein day 4
- (321) **Raw padthai** With daikon and other raw veggies with our tasty coconut, lime, slightly chilli dressing 110 B
* Day 2 Low GI
- (326) **Raw Spaghetti** Fresh Tomato, coriander, onion garlic with tahini and Amino blended. Served over raw spaghetti (grated carrot and pumpkin) Sesame garnish on top*Neutral day 3 Low G 180 B
- (335) **Sweet Potato Pancakes** Yam, egg &onion formed into a pancake Very lightly fried in olive oil & garnished with lemon/ garlic yoghurt. Protein, day 5 Dairy, Low GI 100 B



(385) Side Orders & Extras



- (a) **LSA** Linseed, Almonds, Sunflower Seeds. A great addition to any dish 30
B
hot or cold sweet or savory. LSA combines nuts & seeds creating a more complete protein for vegetarians. It has extremely slow releasing sugars & can be used to lower the GI of other foods. *Small amount of protein: can be used from day 3 Low GI, Cand
- (b) **Two Tone Gomasio** In a new take on this traditional Japanese 30 B
seasoning, dry roasted white sesame seeds are combined, with ground black sesame seeds & sea salt. Black sesame is renowned for it's nourishing blood boosting properties & this blend tastes great on salads & vegetable dishes. Use it anywhere where a little nutty saltiness would be welcome. Low GI, Cand
- (c) **Grated Daikon** with Lemon Juice Known in oriental nutrition for its 40
B
detoxification & mucus reducing effects. Also known to reduce heat in the body. The Daikon white radish has a "hot" flavor & can be taken with meals as a cleanser. *Neutral, day 1 Low GI, Cand
- (d) **Chopped Raw Vegetables** a selection of chopped carrots cucumber 65
B
& daikon sticks. A great sugar free snack or accompaniment to any meal. Also pairs well with dips, pates & dressings. *Neutral day 1 Low GI, Cand
- (e) **Tahini dip** a thick dip made with Tahini, lemon, garlic & olive oil. 25
B
Low GI, Cand
- (g) **Bragg's Dressing** The health food alternative to soya sauce 30
B
Bragg's Liquid Amino is unfermented & so especially suitable for those on the Candida diet. Mixed with extra virgin olive oil. Low GI, Cand
- (h) **Olive Oil & Apple Cider Vinegar Dressing** with Garlic the basic cleansing 25 B

menu dressing! Extra portions can be ordered. Low GI

(348)

Extra dip

80

B

(A) Cashew nut dip

(B) Almond nut dip

(C) Humus dip



(288) Desserts

These are not suitable immediately pre or post fasting. However, they are healthier options for those looking for alternative deserts. Please note that the absence of carob in this part of the world necessitates the use of cocoa which like caffeine, is a stimulant & best avoided. However if you can't resist the urge enjoy the balance between nutrition & indulgence.

- (a) **Banana Chocolate Fool** Back away from that cake cabinet!! This is the chocolate pudding you've been dreaming of! Melt into this simple & healthy blend of chilled bananas, coconut milk, tahini, cocoa & spirulina. The fast releasing action of the bananas is balanced with slow releasing coconut milk, sesame & spirulina. So delectable it's hard to believe it's good for you. 150 B
- (b) **Healthy Homemade Yoghurt** with Pumpkin Seeds & Real Honey when you feel ready for dairy this sweet treat includes all the healthy cultures that make fresh, live yoghurt so tasty & beneficial for the growth & maintenance of healthy flora in the gut. The potassium boost of pumpkin seeds keeps your belly firmly on the alkaline track & only the best natural Thai honey is used. A delicious protein dessert to follow a protein meal if you are food combining. Or a great snack on its own. Dairy 80 B
- (c) **The Alternative Brown Rice Pudding** a dairy free blend of natural brown rice bananas coconut cream sugar free soya milk & warming cinnamon. A carbohydrate treat. 90 B
- (388) **Revival Balls** These are definitely one of the most concentrated sources of herbal energy we know of. Rich in protein, calcium, magnesium & iron these little bullets of goodness are aimed straight at your taste buds feel that 'instant revival' with the Ginseng, Royal Jelly & Spirulina feel that 'instant satisfaction' with chocolate chips, nut butter, coconut combo honey & 50 B

Note: Much of the Sanctuary main menu items are suitable for pre/post fasting, but please be aware that unless advised the kitchen will cook with salt, pepper, oil & seasoning.