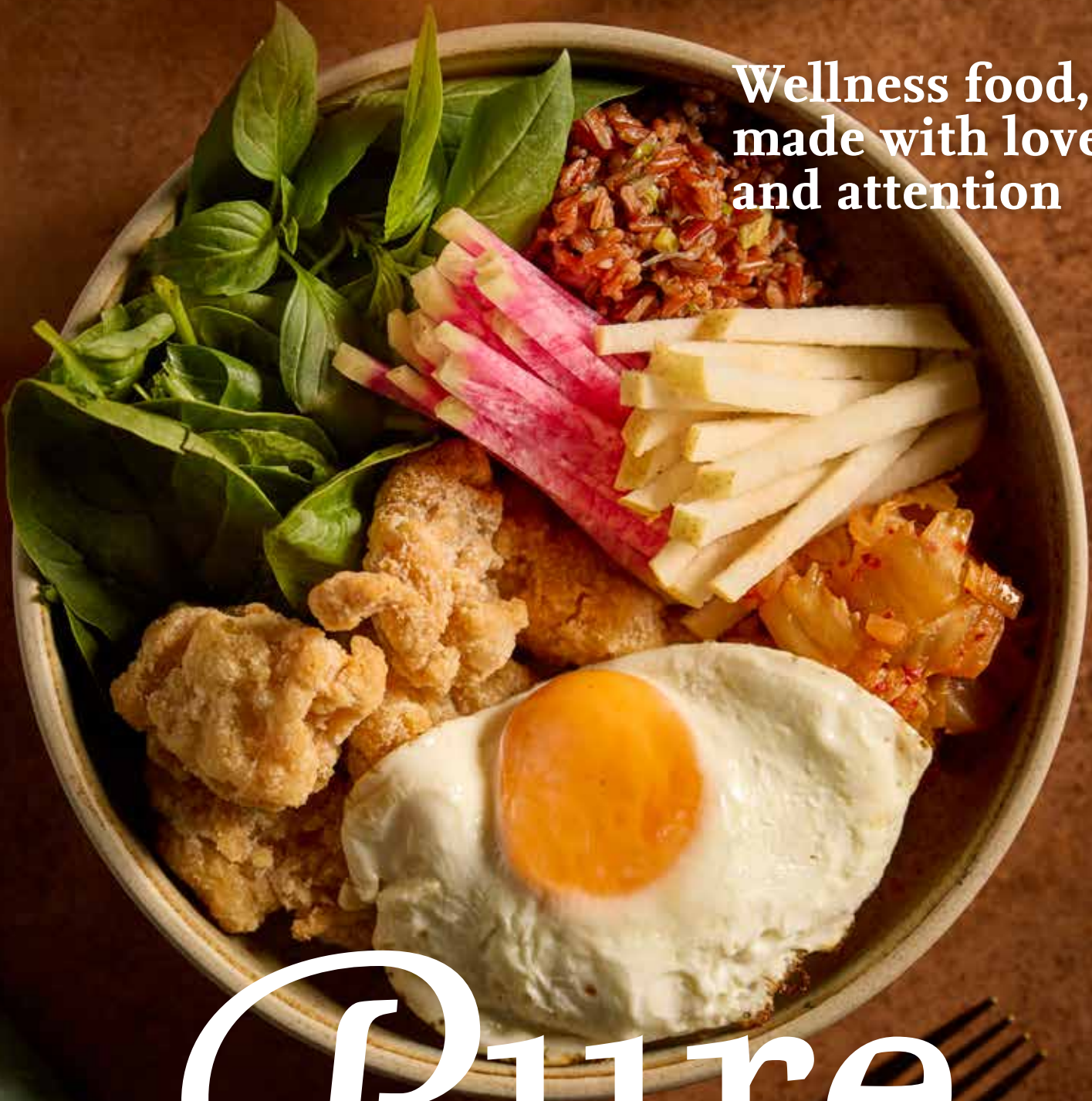


MENU

Wellness food,
made with love
and attention

A top-down view of a ceramic bowl filled with a variety of ingredients. In the center is a sunny-side-up fried egg with a bright yellow yolk. To the left of the egg are several pieces of golden-brown, breaded chicken. Above the chicken is a pile of fresh green basil leaves. To the right of the chicken is a portion of brown rice mixed with red vegetables. Below the rice are several thin, pinkish-red radish slices and a stack of pale yellow, julienned vegetables. At the bottom right of the bowl is a portion of kimchi. The bowl sits on a dark brown, textured surface. In the bottom right corner, a black fork and knife are partially visible.

Pure

DISCOVER, TASTE AND INDULGE

THE SECRET INGREDIENT: CARE

Good cooking starts with attention to people, ingredients, and craft.

From our passion for pure, local, and sustainable culinary arts, we create dishes where flavour and quality take centre stage. We make conscious choices for honest regional produce, inspired by the passing of the seasons.

Whether you join us for a relaxing lunch, an extensive dinner, or a festive celebration: our team transforms every visit into a extraordinary experience. For us, it is all about sharing moments, creating memories, and unwinding in a welcoming atmosphere. Pure. Local. Prepared with care.

A very warm welcome and bon appétit!

Thomas

Head chef

Allergies

Food allergies are common. Please let our staff know of any allergies they should be aware of while preparing your meal. We want you to feel good and keep feeling good while you're visiting us. Our food specialists are at your service to provide personalised advice on our delicious menu, so you can indulge with peace of mind.

Thermen Maarssen

BEFORE YOU START ENJOYING

good, wholesome and tasty

Here's an appetiser – in words this time – to tell you all about our good, wholesome and delicious food and drinks. Or as we call it: wellness food. Take your time choosing what you fancy. If you need some inspiration, read the stories behind our wholesome ingredients and lovingly prepared dishes.

This is the place to unwind and treat yourself to some seriously good-for-you wellness food. It's a place to honour your body with our broad selection of delicious and nutritious wellness food. Our kitchen and restaurant are all about serving good, tasty and healthy dishes that make you shine on the inside and out!

Wellness food, made with love and attention

As specialists in wellness food, our chefs hand-pick wholesome, healthy and locally sourced ingredients that are bursting with wonderful, natural flavours. All products and ingredients are selected with love and attention, because it's only good enough for you when it feels right for us.

We can trace the origins of all products we use. Any products we buy come directly from the local grower or farmer whenever possible. The food on your plate may have grown or been reared just a few fields away.

Natural flavours, straight from the source

Our chefs don't just pick and choose whatever they feel like. They carefully make their selections based on what's good for the world and for you: organic and free of artificial and chemical agents. Each snack and dish is prepared according to that same wholesome philosophy: less sugar and fat where possible, and no unnatural additives when none are needed. Let your taste buds guide you as you explore our wholesome menu magazine. Our wellness food is happy food, so pick whatever brings you joy – from fresh and sweet smoothies to delicious sandwiches and crisp fresh salads. There's no rush. You have the luxury of time. Feel free to relax and browse at your leisure.

Bon appétit!

Local quality, local flavours

OUR SUPPLIERS ON THE MAP

When it comes to taste, nothing beats local.
That's what we believe in – with a few exceptions!
That said...

We source most of our ingredients from the regional suppliers based just around the corner. That is deliberate and sustainable at the same time. We know the growers and farmers and understand how much passion and love they have for their products. You can taste that in all the delicacies on our menu.



1 Min7

For the most delicious ice cream and the most refined patisserie, we collaborate with Min7. Their passion for natural ingredients and unique flavours fits our philosophy perfectly. Artisan, pure and irresistible. For a moment of pure indulgence.

2 Farm Fields

Exclusive, full of flavour and organic. Farm Fields' veal is entirely to our taste. That is why we serve it at Thermen Maarssen (as well as at our Thermen Resorts sister establishments). Even better: this Farm Fields in Wekerom is the only one with a 3-star seal of approval.

3 VISCO

Fresh, responsible and straight from the North Sea. At Visco, everything revolves around a passion for fish and top quality. They fish according to the seasons, following the fishing calendar, which means we always work with sustainably certified fish that is at its best at that particular time. This conscious choice for the finest catch and a healthy sea is precisely why Visco fish is on our menu.

4 Segafredo

Enjoy Segafredo Impronte, a premium Italian blend of Arabica and Robusta beans, roasted locally in Groningen. The name Impronte (footprint) reflects their strong focus on sustainability: the coffee is 100% organic, Rainforest Alliance certified and packaged in recyclable material. Each cup is a responsible choice that also supports the Fondazione Zanetti Onlus.

5 Senza Tea

Not just any cup of tea, but a conscious choice for taste and impact. Senza (Italian for 'without') provides premium loose tea, minimising unnecessary packaging waste. A large part of their pure tea selection is organic (Skal-certified), which emphasises their commitment to environmentally friendly growing methods.



HOT BEVERAGES

Prefer
an alternative
to cow's milk?
Oat Milk
+ 1

Chai latte 5.5

Black tea with cinnamon, star anise, cardamom, black pepper and milk

Dirty Chai latte 7

Black tea with cinnamon, star anise, cardamom, black pepper, milk and espresso

Café crème 4

Café crème large 5.5

Cappuccino 4.3

Cappuccino large 6

Espresso 4

Double espresso 5

Latte macchiato 5

Caffè latte 5

Hot chocolate 5

FROZEN CAPPUCCINO 7

Prefer caramel, white chocolate or hazelnut?

Surcharge + 0.5

SPECIAL COFFEE 8.5

Choose from:

Thermen coffee with Baileys

Spanish coffee with Tia Maria

Italian coffee with Amaretto

Irish coffee with whiskey

French coffee with Cointreau

Served with whipped cream

GOURMET COFFEE 8

Choose from:

Salted caramel Salted caramel Latte macchiato with salted caramel, whipped cream and fudge

Roasted hazelnut Latte macchiato with roasted hazelnut, whipped cream and crunchy crisps

Coffee made from certified organic coffee beans roasted at the Segafredo roastery in Groningen

SAUNA GROG 5.5

Spicy hot drink based on a syrup of orange, lemon and herbs

PASTRIES

CAKES 6

Choose from:

Maarssen cake

Tartlet filled with vanilla cream, cream, orange, cherry and crunchy hazelnut meringue

Apple pie

Hazelino (gluten-free)

Lemon pie

Carrot cake (vegan)

Prefer whipped cream? Surcharge + 1.5

Truly good tea

Tea has its origins in ancient China. The story goes that a Chinese emperor was heating water and wild tea leaves accidentally ended up in the water. He smelt the delicious aroma of tea as we know it today and decided to taste it. Since then, we have been drinking tea all over the world.

TEA

THERMEN TEA (organic leaf tea) 4

Our signature blend is a soothing herbal infusion of camomile, lavender and lemon balm. Fresh and floral in flavour, and completely caffeine-free

SENZA TEA (organic leaf tea) 4

Choice of: English Breakfast, Green Leaf, Jasmine Blossom, Wild Rooibos or Rooibos Ginger Lemon

FRESH HERBAL TEA 5.5

Available with or without honey

Choose from:

Mint tea

Ginger tea with orange

Happiness (orange & rosemary)

Unwind (lavender, thyme & mint)

Hammam (apple, star anise & mint)

THERMEN ICED TEA 7

Our signature blend is a soothing herbal infusion of camomile, lavender and lemon balm. Fresh and floral in flavour, and completely caffeine-free

COLD BEVERAGES & SMOOTHIES

Ultimate enjoyment

COLD BEVERAGES

DOUBLE DUTCH 5

Indian tonic, Ginger ale, Ginger beer or Double lemon

SOFT DRINKS *sugar free* 4.3

Pepsi Zero, Lipton Ice Tea Green, 7UP Free, Rivella or Tomato juice

SOFT DRINKS 4.3

Pepsi, Lipton Ice Tea Sparkling, Cassis, Apple juice or Sisi Orange

KOMBUCHA 8.5

Ginger lemongrass

DAIRY PRODUCTS 4

Organic semi-skimmed milk, Organic buttermilk or Chocolate milk

SAUNATIC 5

Refreshing drink based on a syrup of orange, lemon and herbs

JUICE

WELLNESS JUICE 8

Freshly squeezed orange juice and organic yoghurt

FRESHLY SQUEEZED ORANGE JUICE 8

WATER

SOURCY blue/red 0.2l 4.3

TABLE WATER 0.7l 5

Still or sparkling water from Made Blue.

For every bottle of table water we serve, Thermen Resorts donates 700l of clean drinking water to Made Blue



Bursting with flavours and colour

Our homemade smoothies are made with fresh fruit, healthy vegetables and a splash of love. They're also brimming with natural minerals, fibre, enzymes, antioxidants and vitamins. Each of our smoothies is a blessing for your digestion, bones and heart. It's a whole body experience – just like your wellness day.

SMOOTHIES

DETOX SMOOTHIE 8.5

Strawberry, banana, blueberry, apple and yoghurt

PASSION JUICE SMOOTHIE 8.5

Passion fruit, mango, peach, apple and yoghurt

GREEN SMOOTHIE 8.5

Avocado, banana, apple, lemon, coconut, kale and almond

FROZEN SMOOTHIE 8.5

Strawberry and cherry



COCKTAILS

PASSIONFRUIT MARTINI 13

Ketel One Vodka, passion fruit, lime and Bourbon vanilla

ESPRESSO MARTINI 13

Ketel One Vodka, Tia Maria and espresso

MOJITO 14

Captain Morgan White Rum, fresh mint and lime

AMARETTO SOUR 13

Disaronno, lemon and vegan foamer

NEGRONI 13

Tanqueray London Dry Gin, Campari and Antica Formula

APEROL SPRITZ 13

Aperol, cava and sparkling water

GIN TONIC 14

Tanqueray Gin and tonic

COCKTAIL OF THE MONTH 14

Ask one of our staff members

MOCKTAILS *(non-alcoholic)*

VIRGIN PASSIONFRUIT MARTINI 10

Tanqueray 0.0, passion fruit, Bourbon vanilla and vegan foamer

VIRGIN CLOVER CLUB 10

Tanqueray 0.0, raspberry and vegan foamer

VIRGIN MOJITO 10

De Kuyper Mojito 0.0, mint and lime

WHITE WINE

Laurent Miquel Sauvignon Blanc | *Pays d'Oc, France* |

Glass 7 Carafe 22 Bottle 34

A fresh Sauvignon Blanc from the South of France with notes of citrus and white blossom. The flavour is crisp, vibrant, and beautifully balanced with a pure finish

Epicuro Pinot Grigio | *Sicily, Italy* |

Glass 8 Carafe 26 Bottle 40

Pinot Grigio with peach and pear. Dry, light and smooth with refreshing acidity and soft fruit flavours

Ramón Bilbao Rueda Verdejo | *Rueda, Spain* |

Glass 9 Carafe 30 Bottle 45

An aromatic and crisp Verdejo bursting with tropical fruit, passion fruit and citrus. The palate is vibrant, fruity and features a deliciously refreshing finish

Du Maréchal Blanc Viognier | *Roussillon, France* |

Glass 9 Carafe 30 Bottle 45

Muscat and Viognier create an aromatic biodynamic wine with floral notes, grapefruit and fresh fruit tones. Elegant balance with subtle Muscat notes and a smooth finish

Salentein Chardonnay | *Valle de Uco, Argentina* |

Glass 10 Carafe 34 Bottle 51

A rich and fresh Chardonnay with aromas of citrus, white peach and tropical fruit, complemented by mineral notes and subtle hints of caramel, honey and vanilla

SPARKLING

Prosecco Treviso DOC | *Veneto, Italy* |

Glass 8 Bottle 40

Fresh sparkling wine with aromas of green apple, pear and citrus, refined with white blossom. Lively mousse, elegant balance and a wonderfully drinkable character

Cava Zero 0.0 | *Catalonia, Spain* |

Glass 8 Bottle 40

Codorníu Zero is a delicious alcohol-free sparkling wine. Fresh citrus flavours and tropical fruit create a fine, delicate bubble with a fruity character

Ayala Champagne Brut | *Champagne, France* |

Bottle 37.5cl 40 Bottle 75cl 70

Fresh and elegant champagne with notes of citrus, flowers and white fruit. Well-balanced, refined structure, with a lively freshness and a long, delicate finish

ROSÉ

Farina Blush Pinot Grigio | Veneto, Italy |

Glass 7 Carafe 22 Bottle 34

A soft pink wine offering a vibrant fragrance of red fruits, citrus, and white blossoms. Delicate and beautifully balanced on the palate, with enchanting notes of strawberry, raspberry, and peach

Ramón Bilbao Rioja Rosado | Rioja, Spain |

Glass 8 Carafe 26 Bottle 40

A refined, pale pink rosé crafted from 100% Garnacha, evoking delicate notes of red berries, fresh lime, and white blossom. Exceptionally crisp and juicy with a silky, lingering finish

RED WINE

Epicuro Nero d’Avola | Sicily, Italy |

Glass 7 Carafe 22 Bottle 34

A full-bodied, deep garnet Sicilian wine filled with rich aromas of cherries, dark berries, and subtle botanicals. Smooth, warm, and gracefully rounded on the palate

Familia Conesa ‘La Doncella’ Tempranillo

| Castilla-La Mancha, Spain |

Glass 8 Carafe 26 Bottle 40

An organic creation showcasing a deep garnet hue with warm, velvety, and elegant flavours. Rich in aromatic cherry and gentle spice, beautifully balanced with notes of ripe dark fruit

Dourthe No1 Merlot-Cabernet Sauvignon

| Bordeaux, France |

Glass 9 Carafe 30 Bottle 45

Classic Bordeaux boasting a deep ruby colour. Aromatic notes of ripe dark fruit, such as cherry and cassis, seamlessly elevated by subtle nuances of vanilla and soft oak

Salentein Pinot Noir | Valle de Uco, Argentina |

Glass 10 Carafe 34 Bottle 51

A soft and elegant Pinot Noir with refined aromas of ripe cherries, strawberries and subtle botanicals such as thyme and oregano, beautifully balanced with a fresh acidity

Farina Ripasso Classico | Veneto, Italy |

Glass 10 Carafe 34 Bottle 51

A robust red wine brimming with rich aromas of ripe plum, cherry preserve, and delicate spice. Harmoniously balanced with gentle acidity and smooth, mature tannins



BEER OF THE SEASON 7.5

Herfstbok is a fullbodied, dark Dutch autumn bock beer with a rich caramel flavour

BEER

DRAUGHT

Grolsch Graafglas 0.25l 4.5

Grolsch Master 0.5l 8.5

Grolsch Weizen 0.3l 5.8

Grolsch Weizen 0.5l 8.8

Ondersteboven Hangende Harry IPA 7.5

Grimbergen Blond 8

BOTTLED

Grimbergen Dubbel 8

Grimbergen Tripel 8

NON-ALCOHOLIC

Grolsch Weizen 0.0 5.8

Grolsch 0.0 5.8

Grolsch Radler 0.0 5.8

Liefmans Fruitesse 0.0 5.8



Pastrami

CRISPY
Fresh

LUNCH UNTIL 5.00 PM

Prefer
gluten-free?
Gluten-free
bread + 2

PASTRAMI 17

Sourdough white bread with pastrami, Zwolle mustard, pickles, garden cress and macadamia nuts



THERMEN MAARSEN 17

Brown multigrain bread with smoked salmon, homemade tuna salad, tomato, pickled red onion and wasabi mayonnaise



STRACCIATELLA 20

Pinsa with stracciatella, Parma ham, green asparagus, almond and lemon

PUMPKIN 17 (vegan)

Multigrain bread with pumpkin muhammara, roasted pumpkin, aceto balsamico and pumpkin seeds



VOL-AU-VENT PASTRY 17

Vol-au-vent pastry filled with poultry and mushroom ragout, nutmeg, egg yolk and pangrattato

SHARED DINING

STEAK TARTARE 12

Two pieces of brioche toast with steak tartare and seaweed caviar

VOL-AU-VENT PASTRY 1 piece 10

Vol-au-vent pastry filled with poultry and mushroom ragout, nutmeg, egg yolk and pangrattato

PANE CARASAU 8 (vegetarian)

Pane carasau (Sardinian flatbread) with an herb dip

CURED SALMON 15

Cured salmon with orange, miso and truffle oil

SALADS

NOODLE 21

Asian noodle salad with ramen, chicken thigh, Chinese cabbage, tatsoi, peanuts and red pepper

Wine suggestion: Ramón Bilbao Rioja Rosado | Rioja, Spain |



SOUL BOWL 21

Bowl with red jasmine rice, crispy chicken, Thai basil, fried egg, nashi pear and wasabi dressing

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |



SMOKED SALMON 23

Salad with smoked salmon, apple, roasted pumpkin and vadouvan vinaigrette

Wine suggestion: Salentein Chardonnay | Valle de Uco, Argentina |



GOAT CHEESE 19 (vegetarian, vegan available)

Salad with caramelised goat cheese, pickled radish, cucumber, chickpeas, carrot, red onion, lime and a healthy crumble of crispy seeds with goji berries, spices and shiso (Japanese basil)

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |



Our salads are served with bread. Prefer fresh chips?
Surcharge + 4

Package? You can choose from the dishes with a symbol.

Our kitchen is open daily
from 11.00 am to 9.00 pm

The restaurant/bar is open daily
from 10.00 am to 10.30 pm



Dover sole

Tasty just got tastier

SOUPS

VICHYSOISE 10 (vegetarian)

Classic potato and leek soup with braised leek and spinach

BISQUE 12

Bisque of langoustine with shrimp gyoza and chive cream

SIDE DISHES

Loaded truffle fries 8

Fresh chips with truffle mayonnaise, Parmesan cheese and chives

Chips with mayonnaise 5

Side salad 5

Cooked vegetables 5

Our side dishes can only be ordered in combination with lunch, salads or dishes

Package? You can choose from the dishes with a ✱ symbol.

DISHES FROM 1.00 PM

DOVER SOLE 2 pieces 28

Pan-fried small soles in rich creamery butter, served with golden potatoes, savory chorizo, roasted almonds, capers, fresh parsley, and a velvety aioli

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

TORTELLINI 21 (vegetarian) ✱

Generous tortellini filled with delicate mushroom filling accented with smooth chestnut cream, sweet silver onions, and fine chives. *Prefer slow-cooked veal cheek?* Supplement + 10

Wine suggestion: Salentein Pinot Noir | Valle de Uco, Argentina |

STEAK TARTARE 21

Classic steak tartare (160 grams). Served with crispy chips and truffle mayonnaise

Wine suggestion: Epicuro Nero d'Avola | Sicily, Italy |

THERMEN BURGER 24 (vegan available) ✱

Beef burger on a brioche bun with onion rings bacon, cheddar and burgersauce. Served with fresh herb chips and mayonnaise

Wine suggestion: Epicuro Nero d'Avola | Sicily, Italy |

AGLIO E OLIO 21

Linguine infused with fragrant garlic, red chili, capers, and parsley, lifted by white wine, tender clams, and succulent king prawns

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

SATAY 24 ✱

Chicken thigh satay (200 grams) with homemade atjar, pickled cucumber, oriental crunch and peanut sauce. Served with crispy chips and mayonnaise. *Due to our natural marinade, the satay retains a delicate, rose-tinted hue inside*

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |



Camembert

So delicious...

DESSERTS

CAMEMBERT 10 *(gluten-free available)*

Baked Camembert with fig compote and sourdough bread

MATCHA TIRAMISU 10

Matcha, mascarpone, ladyfingers, jasmine infusion and coconut ice cream

CRÈME BRÛLÉE 10

Crème brûlée infused with VOC spices, cinnamon crumble and mandarin sorbet

BOWLS

BLACKBERRIES 10

Skyr with blackberries, white chocolate and crisp cruesli

BROWNIE & CHERRIES 10

Skyr with brownie bites, amarena cherries and pistachio

HONEY & YOGHURT 10

Full-fat yoghurt with honeycomb and a sweet honey crumble

Tip! A delicious cocktail to round off your dinner!

ESPRESSO MARTINI 13

Ketel One Vodka, Tia Maria and espresso

Bites

WHOLESOME AND DELICIOUS

MONDAY TO SUNDAY, FROM 12.00 TO 9.00 PM

OYSTERS *per piece* 4

Seasonal oyster with mignonette and lemon

CROQUETTES *6 croquettes* 8.5

Beef croquettes with mustard mayonnaise

BREAD & DIPS 8 (*gluten-free available*) (*vegetarian available*)

Bread platter with 'Nduja butter and aioli

LOADED OYSTER MUSHROOM 12 (*gluten-free available*)

Crispy oyster mushrooms with Parmesan cheese and truffle mayonnaise

TEMPURA PRAWNS *4 pieces* 10

Tempura prawns with wasabi mayonnaise, basil and lime

APERITIF SNACKS *10 snacks* 15

Mixed platter of aperitif snacks, including croquettes, tempura prawns and vegetable croquettes

PLATTER WITH APPETISERS 18 (*gluten-free available*)

Platter with Utrecht mature cheese, olives, fuet, bread and olive oil



Oysters

