

MENU

A gourmet dish is presented on a light-colored, speckled ceramic plate. The dish features a large piece of salmon with a dark, glazed skin, two seared scallops, and several halved cherry tomatoes. It is garnished with green peas, small green leaves, and thin, golden-brown fried elements. A small pile of brown, textured crumbs is on the left side of the plate. The plate is set against a dark, textured background.

Good, healthy,
delicious and
fully balanced

Pure

DISCOVER, TASTE AND INDULGE

THE SECRET INGREDIENT: CARE

Based on years of experience in the kitchen and a deep love for pure, local and sustainable cooking, I create something special every day. Not a standard menu, but an experience – full of flavour, simplicity and respect for nature.

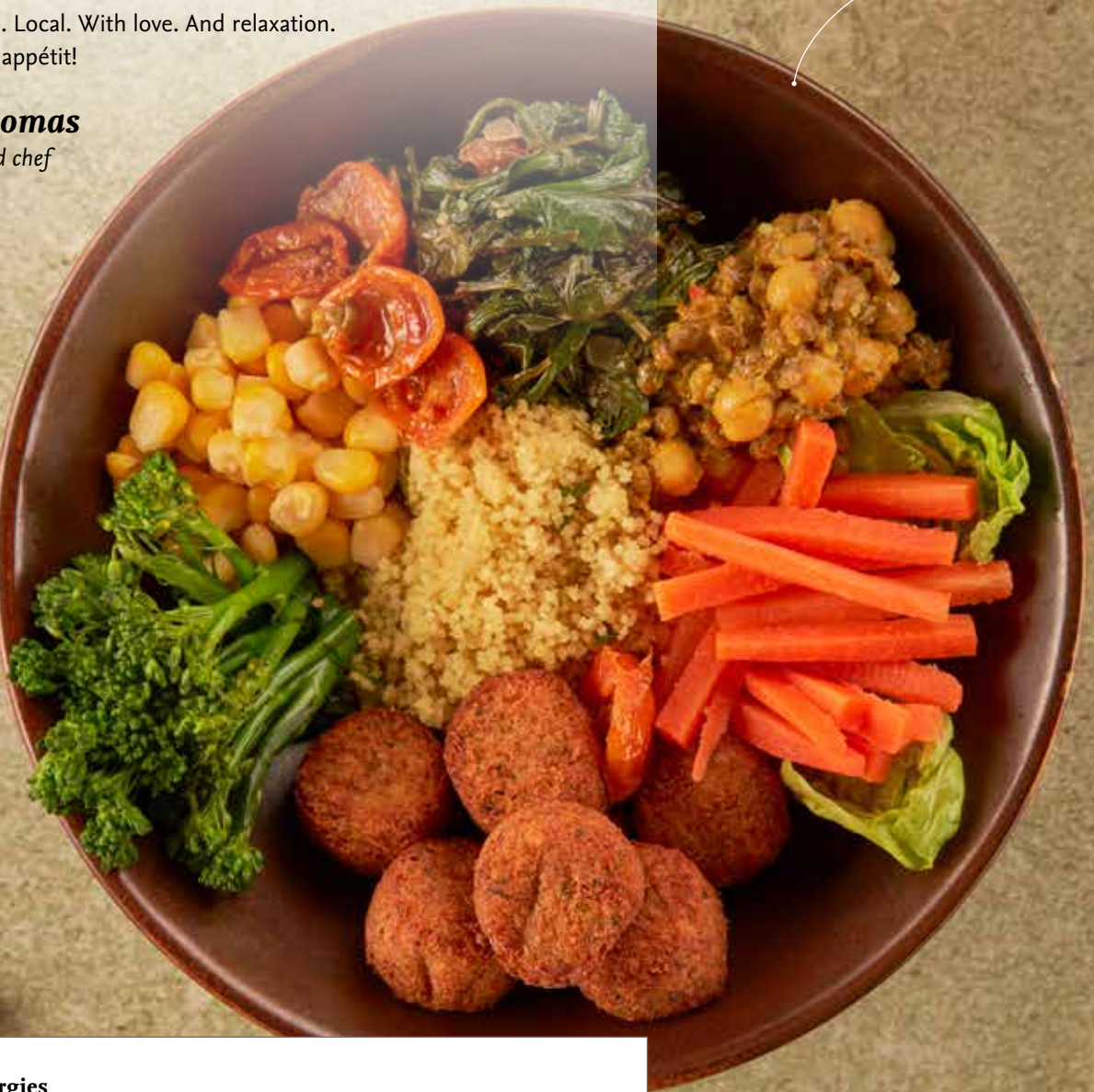
I cook with care. For people, for products. For the moment. This care can be tasted in every dish.

Together with my team, I make sure that your lunch or dinner feels like a break from the world. Whether you have something to celebrate or just want to relax, we will make it unforgettable.

Pure. Local. With love. And relaxation.
Bon appétit!

Thomas
Head chef

Buddha Bowl



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.

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 is 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!

PÂTISSERIE

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*)

Maarssen cake

Pampering

HOT BEVERAGES

Hot chocolate 5

Café crème 4

Café crème XL 5.5

Cappuccino 4.3

Cappuccino XL 6

Espresso 4

Double espresso 5

Latte Macchiato 5

Caffè Latte 5

Affogato 6.5

Italian coffee speciality of vanilla ice cream topped with hot espresso

Iced Latte 7

Espresso, ice cubes and milk

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

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

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

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

TEA

SENZA TEA (organic leaf tea) 4

Choose from: English Breakfast, Green Leaf, Jasmine Blossom, Wild Rooibos, Rooibos Ginger Lemon or Camomile Garden

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)

Winter (cinnamon, lemon, red pepper & honey)

SAUNA GROG 5.5

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

JUICES & SMOOTHIES

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.

Detox smoothie 8.5

Strawberry, banana, blueberry, orange juice, apple juice and organic yoghurt

Passion Juice 8.5

Passion fruit, mango, peach, orange juice and organic yoghurt

Green smoothie 8.5

Spinach, avocado, almond, coconut and cinnamon

Frozen smoothie 8.5

Strawberry and cherry

Fresh squeezed orange juice 8

Wellness juice 8

Freshly squeezed orange juice and organic yoghurt

Ultimate enjoyment



Bloody Mary

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, Seven-up Free, Rivella, Sisi Orange Zero of Royal Club Tomatensap

SOFT DRINKS 4.3

Pepsi, Lipton Ice Tea Sparkling, Royal Club Cassis of Royal Club Appelsap

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

MOCKTAILS

SAPHINA ORGANIC 10

An aromatic blend of various roots and sparkling water

SPICED WINTER ICE TEA 10

Winter mocktail with orange, cinnamon and red pepper

PALOMA 10

A refreshing mocktail with grapefruit, lime, agave and sparkling water

ELDERFLOWER SPRITZ 10

Non-alcoholic spritz with elderflower, lime, tonic and mint

COCKTAILS

WELLNESS GIN TONIC 14

Gin & tonic with Double Dutch Indian tonic and our own distilled Wellness Gin. Besides our attention and passion, you will experience notes of botanical spices. A stimulation of your senses (*0% also available*)

BEEFEATER PINK GIN & TONIC 14

Pink gin, Double Dutch Indian tonic and summer berries

PASSION MARTINI 13

Passion fruit, vodka and a hint of vanilla

BLOODY MARY 13

Tomato juice, lemon juice, vodka and Tabasco sauce

ELDERFLOWER DAIQUIRI SPRITZ 13

Elderflower liqueur, white rum, lime juice, prosecco and sparkling water

ESPRESSO MARTINI 13

Espresso, vanilla, coffee liqueur and vodka



WHITE WINE

Viura, Brana Vieja | *Navarra, Spain* |

Glass 6 Bottle 29

A true Spaniard. This fresh, clean, dry white wine quenches the thirst and has a pleasantly sweet finish

Steininger Grüner Veltliner | *Kamptal, Austria* |

Glass 8 Bottle 42.5

This Grüner Veltliner offers refined mineral aromas and subtle spiciness. Lively and pure on the palate, with fresh acidity and a long finish with a hint of white pepper for extra character

Pinot Grigio, Epicuro | *Sicilië, Italy* |

Glass 7 Bottle 35

Ripe peach and pear fruit, with white rose in the background. The fresh intensity flows beautifully into the finish of this Italian wine

OUR CELLAR TREASURES

Do you fancy a special wine? Ask one of our staff about our cellar treasures. They will gladly tell you all about our selection of fine wines.

Chardonnay, Yalumba | *South Australia, Australia* |

Glass 8 Bottle 40

Fruity, full-bodied white wine with a bright yellow colour. Fresh, juicy and mineral, with a slight oiliness and aromas of grapefruit and pineapple. Nice balance and pleasant finish

Verdejo, Ramon Bilbao | *Rueda, Spain* |

Glass 8 Bottle 40

Verdejo with authentic aromas, tropical fragrances lifted by a pleasant bitterness

SPARKLING

Prosecco Spumante, Maschio | *Veneto, Italy* |

Glass 8 Bottle 40

Pale straw colour Spumante with soft, refined bubbles. Fruity and floral prosecco, distinctly aromatic and full of finesse

Bollinger Special Cuvée Brut

| *Champagne, France* | Glass 12 Bottle 70

A rich blend of Pinot Noir, Chardonnay and Pinot Meunier. Delicate mousse, complex flavours of fruit and brioche, with a long finish. Perfect for special occasions

ROSÉ

Garnacha rosé, Brana Vieja | *Navarra, Spain* |

Glass 6 Bottle 29

From the Queiles Valley. A refreshing, fruity rosé from the Garnacha grape, with aromas of red fruit and the juicy taste of strawberry

Hippy Rosé, Château Roubine BIO

| *Provence, France* | Glass 9.5 Bottle 47.5

Pale pink, bright organic rosé from Provence. Aromas of white flowers, peach and citrus. Taste of exotic fruit, pink grapefruit and lime. Seductive, fresh and delicate



RED WINE

Tempranillo, Brana Vieja | *Navarra, Spain* |

Glass 6 Bottle 29

Rich wine with a beautiful dark red colour. Spanish character, with light vanilla notes, lots of red fruit and a nice, supple finish with soft tannins

Zinfandel, Epicuro | *Puglia, Italy* |

Organic Glass 7.5 Bottle 37.5

Intense ruby red with aromas of blackberries, plum jam, red flowers, hummus, cocoa, mint and a hint of iron. Full-bodied, creamy wine with a soft structure and a long, fruity finish

Merlot, Croix d'Or Réserve | *Languedoc, France* |

Glass 8.5 Bottle 42.5

A spicy, distinctive Merlot, with an inviting and sultry aroma. Full-bodied, powerful and slightly earthy with lots of fruit

Malbec, Salentein Barrel Selection

| *Mendoza, Argentina* | Glass 10 Bottle 49.5

The Malbec grape is the pride of Argentina. This makes Salentein Reserve Malbec typically Argentinean: intense and full of flavour! With the pleasant aromas of ripe plums, cocoa and a hint of vanilla

Tempranillo, Marqués de Riscal | *Rioja, Spain* |

Glass 10 Bottle 49.5

Classic Rioja, fresh, refined and elegant, with notes of liquorice, cinnamon, black pepper and a subtle hint of long ageing in the barrel.



AD

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

Onderste boven. Hangende Harry IPA 7.5

Grimbergen Blond 8

Beer of the season 7.5

BOTTLED

Liefmans 3.8 8

Grimbergen Dubbel 8

Grimbergen Tripel 8

NON-ALCOHOLIC BEERS

Grolsch Weizen 0.0 5.8

Grolsch 0.0 5.8

Grolsch Radler 0.0 5.8

Liefmans Fruitesse 0.0 5.8



Octopus

SIDE DISHES

Chips with mayonnaise 5

Chips with truffle mayonnaise 6

Side salad 5

Cooked vegetables 5

Our side dishes can only be ordered in combination with a main course or salad

CRISPY Fresh

SANDWICHES

UNTIL 5.00 PM

THERMEN MAARSEN SANDWICH 17

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

CROQUETTES 15

Two shredded beef croquettes, mustard mayonnaise and mixed salad

VEGETABLE CROQUETTES 15 (vegan)

Two vegetable croquettes, mustard mayonnaise and mixed salad

GOAT CHEESE 14

Pinsa with goat cheese, caramelised onion, olives and anchovies

ASIAN BLT 15

Brioche bread with marinated pork belly, tomato, herb salad, furikake and Japanese mayonnaise

BEETROOT 14 (vegan)

Sourdough bread with beetroot hummus, sweet and sour beetroot, Amsterdam onion, rocket and walnuts

Prefer
gluten-free?
Gluten-free bread
+ 2

SALADS

OCTOPUS 22

Salad with marinated octopus, gyoza, orange and green herbs

Wine suggestion: Steininger Grüner Veltliner | Kamptal, Austria |

BUDDHA BOWL 20 (vegan)

Buddha bowl with couscous, corn, bimi, chickpeas, carrot, tomato, spinach, falafel, raisins and harissa dressing

Wine suggestion: Zinfandel, Epicuro | Puglia, Italië |

DUCK 22

Salad with smoked duck, duck leg, orange, carrot, pistachio and shimeji mushroom

Wine suggestion: Chardonnay, Yalumba | South Australia, Australia |

GORGONZOLA 20 (vegetarian)

Salad with gorgonzola, beluga lentils, quince compote, walnuts and tomatoes

Wine suggestion: Tempranillo, Brana Vieja | Navarra, Spain |

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

Our salads are served with bread. Fresh chips available for
+ 4 surcharge



Miso ramen

Tasty just
got tastier

SOUP

MISO RAMEN 9 *(vegetarian)*

Miso soup with ramen noodles, pak choi, shiitake mushrooms, spring onions and egg

Prefer pork belly? Surcharge + 5

RED LENTIL SOUP 9 *(vegan)*

Red lentil soup with potato, dukkah and vegan yogurt

MAIN COURSES

WINTER COD 26

Cod glazed with miso, with braised spring onions, marinated tomatoes, aubergine and green herbs

Wine suggestion: Steininger Grüner Veltliner | *Kamptal, Austria* |

FLAT IRON STEAK 26

Flat iron steak with fried mustard, palm kale, salsify stew and red wine gravy

Wine suggestion: Malbec, Salentein Barrel Selection | *Mendoza, Argentina* |

THERMEN BURGER 24 *(vegetarian available)*

Beef burger on a brioche bun with cheddar, bacon, onion rings, burger sauce and butter lettuce. Served with chips and mayonnaise

Wine suggestion: Hippy Rosé, Château Roubine BIO | *Provence, Frankrijk* |

POKÉ BOWL 24

Poké bowl with sushi rice, soybeans, wakame, radish and wasabi mayonnaise. Choose from salmon and tuna or crispy chicken

Wine suggestion: Steininger Grüner Veltliner | *Kamptal, Austria* |

CAULIFLOWER STEAK 22 *(vegetarian)*

Roasted cauliflower, white bean cream, sourdough crumble and beurre noisette

Wine suggestion: Chardonnay, Yalumba | *South Australia, Australia* |

MASSAMAN CURRY 24

Thai curry with beef, potato, mangetout, peanuts and jasmine rice

Wine suggestion: Merlot, Croix d'Or Réserve | *Languedoc, France* |

Burnt Cheesecake



So delicious...

DESSERTS

BURNT CHEESECAKE 11

Cheesecake with cinnamon, miso and caramel

HONEY CAKE 10

Croatian honey cake with chocolate mousse and orange

CHEESE PLATTER 16

Selection of four national and international cheeses with compote, walnuts and nut bread toast

FRIANDISES 9

Coffee or cappuccino with assorted chef's friandises

BOWLS

FRUIT BOWL 10

Greek yoghurt with chia seeds, coconut, banana and superfruit mix

GRANOLA BOWL 10

Greek yoghurt with chia seeds, coconut, blackberries and granola

SMOOTHIE BOWL 10

Mango root smoothie with gingerbread oatmeal and mango

Tip! A delicious cocktail to round off your dinner!

ESPRESSO MARTINI 13

Espresso, vanilla, coffee liqueur and vodka

Bites

WHOLESOME AND DELICIOUS

MONDAY TO FRIDAY, FROM 12.00 TO 9.00 PM

SATURDAY AND SUNDAY FROM 12.00 TO 10.00 PM

BABA GANOUSH 9 (vegetarian)

Baba ganoush with naan bread, olive oil and Greek yoghurt

CROQUETTES 6 croquettes 8.5

Beef croquettes with mustard mayonnaise

BREAD & DIPS 8 (vegetarian)

Bread platter with butter and aioli

KÖFTE 4 pieces 15 (vegan)

Mini pita with vegan köfte and pickled cabbage

BREADED POLLOCK 15

Breaded pollock with remoulade cream and lemon

APERITIF SNACKS 14

Mixed plate of aperitif snacks with beef croquettes, breaded pollock and vegetarian spring rolls

PLATTER WITH APPETISERS 15

Platter with Utrecht mature cheese, olives and fuet.

Prefer bread and olive oil? Surcharge + 2.5

TUNA TATAKI 15

Roasted tuna with lime mayonnaise and furikake

OYSTERS 6 pieces 20 | 12 pieces 35

Seasonal oysters with topping of the season



