

WELLNESS MENU

WORKING TOGETHER TO FEEL WONDERFUL

Across all of our Dorchester Collection hotels, we're committed to offering deliciously diverse, healthy eating options. Having listened to what many of our guests are looking for to boost their wellbeing, we've worked with our top chefs to bring you a series of seasonal, health-conscious dishes.

Targeting specific wellness needs, each of our hotels has its own local menu, created with a range of nutritious benefits in mind. I think of them as 'dishes designed to delight, making it easy to eat well and feel good'.

We hope you find the following
as tempting as we do.

TERESA O'FARRELL
GLOBAL HEAD OF WELLNESS
DORCHESTER COLLECTION

Prices are shown in Euros including VAT
and a 5% employee contribution.

Please note we cannot accept payment
by cheque.

Our poultry is sourced from France or Belgium.

RISE AND SHINE

NOURISH AND THRIVE

BOOST IMMUNITY

FEED YOUR MIND

RELAX AND UNWIND

MENU AVAILABLE
7AM - 9.30PM

Call in-room dining on ext. 1133

A delivery charge of €8 will be added to your bill for room-service.
Please note, our menu contains allergens. If you have a food allergy
or intolerance, please let us know when placing your order.

(V) - Vegetarian (VG) - Vegan

RISE AND SHINE

Designed to awaken your body and mind, fuel up with ingredients that recharge your energy and help your body function at its best.

AVOCADO TOAST (V)

On gluten-free toast with poached egg

€34

AÇAÍ BOWL (VG)

Seasonal fruits

€26

MATCHA LATTE (V)

Matcha latte with almond milk

€21

NOURISH AND THRIVE

These menu options are selected to help keep you going for longer. When you feel nourished and energised, you can live life to the full.

ARTISANAL AGED SARDINES

Aged sardines, toasted country bread, seasonal vegetables and nuts

€52

POACHED EGGS (V)

Poached eggs, baby spinach and mushrooms

€32

SEASONAL FRESH JUICE (VG)

Fresh fruit or vegetable juice

€19

BOOST IMMUNITY

These dishes have been crafted to support your immune system with natural microbiome boosting foods to keep your system happy.

GRILLED SALMON

Grilled salmon, sautéed broccoli and sesame

€52

'CULOISELLE CHICKEN'

Steamed Culoiselle chicken, artichokes
and toasted almonds

€59

FRESHLY-SQUEEZED JUICE (VG)

Orange, carrot and lemon

€19

FEED YOUR MIND

Whether you're keen to boost your memory, or simply to stay sharp throughout your day, our brain-boosting dishes are designed to improve mental clarity and overall wellbeing.

TUNA TARTARE

Tuna tartare with sesame and poppy seeds, sweet pepper and samphire, pickled beetroot and lemon juice

€38

BRAISED SALMON

Braised salmon, carrots and turmeric

€52

INSPIRING JUICE (VG)

Apple, pear, banana, almond milk, vanilla extract

€19

RELAX AND UNWIND

If you are looking to calm down at the end of the day, these carefully crafted choices are just the thing to help soothe both body and mind. Relax, enjoy, and follow with a good night 's rest.

CRISPY RICE (V)

Crispy brown rice with pumpkin and buckwheat seeds and a fresh herb salad

€42

FRESH FRUIT (VG)

Pineapple, mango, kiwi, passion fruit

€29

NIGHT JUICE (VG)

Spinach, apple, cucumber, ginger, lemon

€19