

Sinclairs Retreat Dooars

5 DAY WELLNESS MENU

Day 1

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Muesli
Whole grain toast
Eggs
Mixed vegetable paratha with multi grain flour
Whole grain cereal
Yoghurt
Fresh seasonal juices

Lunch

Green salad with lemon dressing
Mixed dal
Roasted masala vegetables
Barbecued chicken
Egg fried rice / mixed vegetable rice
Plain roti
Fresh fruit

Dinner

Grated paneer and spinach vegetable
Plain paratha
Fish with gravy
Sprouts
Masala khichdi with vegetables

Day 2

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Variety of multi grain cereal
Sausage / salami
Multi grain bread with fresh fruit marmalade
Mini rava and mini ragi idli
Fresh seasonal juice

Lunch

Sautéed potatoes and broccoli
Green dhaniya rice
Dry masala chicken
Plain roti
Paneer sautéed with greens
Strawberry smoothie
Hearty multi grain soup

Dinner

Chicken wrap
Vegetable / paneer wrap
Dal shorba
Potato hash with fresh salsa
Salad
Cracked wheat with vegetables

Day 3

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Whole wheat bagels with cream cheese
Soya keema with methi paratha
Sliced salami sandwiches with low fat cheese
Fresh fruit juice
Fresh fruit
Scrambled masala / plain eggs
Whole wheat toast with marmalade

Lunch

Whole grain pasta with vegetables
Whole wheat garlic bread
Greek salad
Yoghurt
Plain paratha
Cauliflower and peas vegetable
Lemon rice
Fresh fruit soufflé



Laya Spa

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Dinner

Panki with coconut and tomato chutney
Juwar roti with bean sprouts
Paneer wrap / chicken wrap
Fala vegetable khichdi
Multi grain soup
Yoghurt

Day 4

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Muesli
Whole cereals with fresh berries (strawberries, blueberries)
Salami and sausages
Whole wheat bagels and cream cheese
Paneer paratha with yoghurt
Oatmeal Upma
Fresh juices and fruit

Lunch

Mung and masoor dal shorba
Spinach and paneer
Coriander paratha
Chicken florentine
Pasta salad
Tomato rice
Fruit salad

Dinner

Assorted whole wheat grilled sandwiches
Baked potato with spinach, broccoli and fresh salsa
Multi vegetable soup
Salad
Tamarind rice

Day 5

Breakfast

Glass of green juice
(Please note this juice must be given at 6 am)
Choice of whole grain cereals
Yoghurt
Cauliflower and paneer paratha
Plain, methi, palak pancakes with maple syrup / chutney
Whole wheat toast with butter and marmalade
Egg and salami sandwiches
Fresh juices

Lunch

Whole wheat burrito with fresh salsa
Spanish rice
Tomato soup / mushroom soup
Methi palak with plain paratha
Sautéed mushrooms
Sautéed potatoes
Chocolate custard

Dinner

Salad
Broccoli / spinach soup
Vegetable florentine
Chicken stew with plain or paneer paratha
Mixed vegetable/ egg fried rice
Whole wheat garlic and herbs bread
Bean sprouts with potatoes
Plain paratha
Choice of fruit salad / whole bran cup cakes with fresh cut strawberries

All dishes are freshly prepared with very little oil and low fat ingredients

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