



A gastronomic adventure in healthy eating, De-Light by Sofitel is a pleasurable surprise of refined taste with the freshest ingredients and tempting flavours. Developed exclusively by Thalassa Sea and Spa, the recognised nutrition and wellness experts in France for over 40 years, De-Light by Sofitel reflects the unique skills of our Sofitel Chefs in creating an innovative array of well-balanced, low-calorie, portion controlled meals to help you meet your health and weight goals in delicious style.

<b>Three Course Set</b>	<b>\$80</b>
Your choice of entrée, main and dessert	
<b>Entrées</b>	
Kingfish Sashimi (186cal) pickled watermelon, cucumber, verjuice, crème fraîche, roe	\$25
Shaved Venison (152cal) asparagus, blackcurrant, yoghurt, crispy potato	\$25
Summer Vegetables (142cal) goat cheese, quinoa, raspberry vinaigrette, watercress	\$22
<b>Mains</b>	
Fish Of The Day (210cal) Black tiger prawn, sweetcorn, dashi, native seaweed	\$45
Hawkes Bay Lamb (245cal) green asparagus, broad beans, black trumpet, pine nuts	\$44
Smoked Potato Gnocchi (230cal) roasted tomatoes, courgette, eggplant, ricotta, garlic, almonds	\$39
<b>Desserts</b>	
Chocolate and Cherry (267cal) marinated cherries, broken sponge, kirsch, chocolate sorbet	\$17
Yoghurt Panna Cotta (240cal) berries, hibiscus, meringue, rose, raspberry sorbet	\$17
Granite, sorbet fruit (135cal)	\$12

Executive Chef Sebastian Hindrichs locally sources the best produce in season to design our menus. Dishes can be personalised to suit dietary requirements. For lunch or dinner, the recommendation is not to exceed 800 calories per meal. No bread and butter. No alcohol.