



**LANZERAC**

HOTEL & SPA

*Est. 1692 Since*



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VITALITY CORNER  
MENU

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LANZERAC  
**WELCOME**

HOTEL & SPA

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*Set in the heart of a 326 year old working wine estate in historic Stellenbosch, the beautiful Lanzerac Spa boasts panoramic views of towering mountains and rows of lush vineyards.*

*Choose from a wide array of massages, skincare and beauty treatments, led by highly trained therapists using top quality international and local ranges, Elemis and TheraVine™.*

*Enter a world of serenity at this unique day spa, where comfort, luxury and excellence come together for a restorative health and beauty experience.*

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SPA FACILITIES INCLUDE:

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- Seven treatment rooms in total, including a couple's room
- Disabled therapy room, equipped with shower and bathroom
- Four manicure & pedicure stations
- Neoqui Mediq cocoon room where ThalasoVine treatments are enjoyed
- Sauna
- Steam room
- Mist room
- Indoor heated swimming pool
- Jacuzzi
- Two Rasul chambers
- Experience shower
- Fitness room
- Vitality Corner offering a healthy menu

LANZERAC

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## RAW JUICES

*All Smoothies & Juices are Served in a 350ml Glass*

**Lemon & Gingerade** 42  
Lemon, Ginger, Apple & Coconut Water

**Cleansing Greens** 42  
Cucumber, Celery, Apple, Spinach, Kale,  
Lemon & Ginger

**Apple Mint** 38  
Cucumber, Apple, Lemon & Mint

**Inner Body Boost** 48  
Orange, Carrot, Turmeric, Cucumber,  
Flaxseed & Beetroot

**Root Juice** 38  
Carrot, Beetroot & Celery

**Additional For Antioxidant Boosts** 15  
Ginger, Turmeric, Grape Seed Extract, Beetroot,  
Kale, Wheatgrass or Flaxseed

## SMOOTHIES

*All Smoothies & Juices are Served in a 350ml Glass*

**Nutty Butter Smoothie** 60  
Banana, Frozen Yoghurt, Almond Milk, Cocoa,  
Honey & Sugar-Free Peanut Butter

**The Waldorf Smoothie** 55  
Apple, Celery, Yoghurt, Walnut

**Apple Berry Detox Smoothie** 55  
Seasonal Berries, Apple, Spinach, Flaxseed &  
Almond Milk

**Mango Lassie** 60  
Mango, Yoghurt, Ginger, Mint & Coconut Milk

**Blueberry Chia Smoothie** 55  
Blueberry, Chia Seed, Pineapple, Banana, Linseed &  
Coconut Water

**Red Velvet Cake Smoothie** 60  
Beetroot, Cocoa, Spinach, Date, Walnut &  
Almond Milk

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### WHOLE-WHEAT WRAPS OR SALAD BOWLS

*All dishes below can be served in a wrap or as a salad*

|  |           |
|--|-----------|
| <b>Teriyaki Beef &amp; Spinach</b>   | <b>90</b> |
| Marinated Beef, Spinach, Carrot, Coriander, Sesame Seed, Mixed Nuts & Teriyaki Glaze               |           |
| <b>Marinated Exotic Mushrooms</b>  | <b>75</b> |
| Rainbow Carrot, Spiced Lentil, Marinated Tomato, Roast Sweet Potato & Lemon Dressing               |           |
| <b>Sriracha Spiced Chicken &amp; Asian Slaw</b>  | <b>85</b> |
| Free-Range Chicken, Sriracha, Spring Onion, Cabbage, Carrot, Mange Tout, Sesame Seed & Green Apple |           |
| <b>Oak Smoked Salmon</b>   | <b>95</b> |
| Roast Beetroot, Zucchini, Crème Fraîche, Pea & Cured Mustard Seed Dressing                         |           |
| <b>Chicken &amp; Avocado Caesar</b>  | <b>85</b> |
| Free-Range Chicken, Avocado, Shaved Parmesan, Cos Lettuce & Caesar Dressing                        |           |

### ICE CREAMS & SORBETS

|  |           |
|--|-----------|
| <b>Ice Creams</b>  | <b>45</b> |
| Salted Caramel Peanut Butter Fudge • Valrhona Caraïbe 66% Dark Chocolate • Strawberry & Clotted Cream • Terbadore "This Is Africa" Cold Brew • Caramélia 34% Milk Chocolate & Crunchy Pearls |           |
| <b>Wine Infused Ice Creams &amp; Sorbets</b>   | <b>50</b> |
| Syrah, Chocolate & Tonka Ice Cream • Pinotage, Vanilla & Raspberry Crumb Ice Cream • Chardonnay, Orange & Vanilla Sorbet • Pinotage Rosé & Rose Petal Ice Cream                              |           |

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## NUTRITIONAL FACTS

### ALMONDS:

Almonds are the most nutritionally dense nut, meaning they offer the highest concentration of nutrients per calorie per ounce.

### APPLES:

Apples are a great low-calorie source. Plus, upping apple intake has been associated with reduced risk of cardiovascular disease, certain cancers, diabetes, and asthma.

### AVOCADO:

The ability of avocado to help prevent unwanted inflammation is absolutely unquestionable in the world of health research. Avocados support for heart and blood vessels might be surprising to some people who think about avocado as too high in fat for heart health.

### BANANA:

Creamy, rich, and sweet, bananas are a favourite food for everyone from infants to elders. They could not be more convenient to enjoy, and they are a good source of vitamins and minerals, as well as fiber.

### BEETS:

This all-star veggie contains tons of vitamins, minerals, and antioxidants that can help fight disease and strengthen vital organs.

### CARROTS:

Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients.

### CELERY:

Celery is an important food source of conventional antioxidant nutrients, including vitamin C, beta-carotene, and manganese. But its "claim to fame" in terms of antioxidant nutrients may very well be its phytonutrients.

### COCOA:

Flavonoid-rich cocoa aids in lowering blood pressure and improving the elasticity of blood vessels, a comparative research study has made it evident that cocoa exhibits higher antioxidant activity than against black tea, green tea and red wine.

### CUCUMBER:

Cucumbers provide us with a unique combination of nutrients. At the top of the phytonutrient list for cucumbers are its cucurbitacins, lignans, and flavonoids. Providing us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits.

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## NUTRITIONAL FACTS

### FLAXSEEDS:

The nutritional uniqueness of flaxseeds features 3 nutrient aspects; they have high omega-3 fatty acid content. Lignans - which are fiber-like compounds, but in addition to their fiber-like benefits, they provide antioxidant protection structure. And flaxseed has unique mucilage (gum) content. "Mucilage" refers to water-soluble, gel-forming fibers that provide special support to the intestinal tract.

### GINGER:

Great for gastrointestinal distress. It possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

### GRAPE SEED:

Today, grape seed extract is used as a folk or traditional remedy for conditions related to the heart and blood vessels, such as atherosclerosis (hardening of the arteries), high blood pressure, high cholesterol, and poor circulation.

### HONEY:

Reduces ulcers and other gastrointestinal disorders, Anti-bacterial and anti-fungal, Increases athletic performance, reduces cough and throat irritation.

### KALE:

This rough and tough green beats out all the rest in terms of nutrition, providing more antioxidants than most other fruits and veggies. It's also a fantastic source of fiber, calcium, and iron.

### SPINACH:

Antioxidants, anti-inflammatories, and vitamins that promote vision and bone health are what make this little ol' green so super.

### PEANUTS:

Peanuts are rich in energy (567 calories per 100 g) and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health. They compose sufficient levels of mono-unsaturated fatty acids (MUFA), especially oleic acid.

### TURMERIC:

Turmeric (*Curcuma longa*) is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, haemorrhage, toothache, bruises, chest pain, and colic.

### WHEATGRASS:

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

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## LANZERAC WINES



### MCC Blanc de Blancs Brut

Creamy biscuit notes give texture to the lively citrus and apple fruit whilst the tiny bubbles are like beads of sunshine dancing on your tongue. An elegant and refined MCC with an array of fine, precise bubbles on the mousse and a yeasty undercurrent on the palate.

**80 320**

### Sauvignon Blanc

Generous aromas of Granny Smith apples interplay with white fruits such as Asian pears and white peaches in a perfect fruit-acid balance. It introduces a fresh lemongrass mouthfeel with subtle minerality rounded off by a soft creaminess in the long finish due to extended lees contact.

**48 160**

### Chenin Blanc

The Lanzerac Chenin Blanc is packed with stone fruit flavours of apricot and peach, supported by ripe pineapple on the mid palate. 22% Oak maturation ensures a soft, creamy finish with a lingering tail.

**40 140**

### Chardonnay

A spicy fruit-bomb wine with lashings of ginger biscuit aromas overlaying soft cooked apples with caramel and cream, this wine is jam-packed with flavour. A soft buttery mouthfeel of tropical fruits such as mangoes, pineapples and bananas is edged with toasty oak and well-balanced by good acidity and a toffee-cream tail.

**50 190**

### Pinotage Rosé

Lanzerac's Pinotage Rosé lives up to its reputation with gentle aromatic notes of perfume and rose petals, crushed strawberries and redcurrants. It enjoyed a mere two hours skin contact to give it its delicate pink colour and soft fruit flavours.

**40 140**

### Syrah

This wine delivers a good extraction of deep colour and aromas of white pepper, coriander, fynbos and red wine poached plums. The complex palate shows layers of ripe red and black berries with an undertone of savouriness.

**58 220**

### Merlot

Concentrated black-berried fruit is edged with sweet vanilla hints and spicy aromas on the nose. Savoury tannins add layers of complexity, gently supporting the flavours of plums, black cherries, cooked strawberries and dark chocolate before a long, integrated finish rounds the wine off in fine style.

**58 220**

### Pinotage

No estate has been bottling Pinotage longer than Lanzerac and this wine shows a wealth of experience with this proudly South African varietal. Smoky-soft top notes combine with black plums and cherries on the palate. Juicy, well-integrated tannins support a spicy, meaty core with a refreshing acidity and long smooth finish.

**58 220**

### Cabernet Sauvignon

This classic Cabernet shows plenty of fruity drinkability with the tantalizing promise of savoury maturity to come. Black fruits abound with black cherries, currants and berries coming to the fore, edged with hints of olive tapenade, dark chocolate and sundried tomato. Soft, supple tannins and fresh acidity add to the concentrated fruit.

**60 230**



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## COFFEES

|                |  |  |
|----------------|---|---|
| Café Americano | 29  | 35  |
| Café Latte     |   | 35  |
| Café Macchiato | 29  | 35  |
| Café Mocha     | 29  | 35  |
| Cappuccino     | 29  | 35  |
| Espresso       | 20  |   |
| Filter Coffee  |   | 25  |
| Hot Chocolate  |   | 35  |
| Red Cappuccino | 35  | 40  |

## GINS

|                    |    |
|--------------------|----|
| Innveroché Amber   | 28 |
| Innveroché Classic | 28 |
| Innveroché Verdant | 28 |

## BEERS

|                  |    |
|------------------|----|
| Amstel Lager     | 24 |
| Peroni           | 25 |
| Windhoek Draught | 28 |

## TEAS

Pot of Tea  
*Please ask our friendly waitron about our selection of teas that are available*



35

## CIDERS

|               |    |
|---------------|----|
| Hunters Dry   | 26 |
| Savannah Dry  | 28 |
| Savannah Lite | 28 |

## SOFT DRINKS

|                       |    |
|-----------------------|----|
| Soda Water            | 18 |
| Tonic Water           | 18 |
| Lemonade              | 18 |
| Ginger Ale            | 18 |
| Coke Light            | 18 |
| Lipton Ice Tea Peach  | 25 |
| Lipton Ice Tea Lemon  | 25 |
| Crème Soda            | 20 |
| Fanta Orange          | 20 |
| Coca-Cola             | 18 |
| Coca-Cola Zero        | 20 |
| Appletiser            | 30 |
| Grapetiser White      | 30 |
| Grapetiser Red        | 30 |
| Water Sparkling 500ml | 17 |
| Water Sparkling 750ml | 28 |
| Water Still 500ml     | 17 |
| Water Still 750ml     | 28 |



WHERE LUXURY MEETS EXCELLENCE

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## CONTACT US

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+27 (0)21 883 9444

[spa@lanzerac.co.za](mailto:spa@lanzerac.co.za)

[www.lanzerac.co.za](http://www.lanzerac.co.za)



Lanzerac Wine Estate

