

Light Wellness Lunch



Moon  
& Spoon  
KITCHEN



## Light Wellness Lunch

*A nourishing midday pause designed for balance and ease.*

A thoughtfully prepared lunch experience focused on freshness, lightness, and restoration, designed to nourish without heaviness and support the natural rhythm of the day.

This meal is ideal after yoga, spa treatments, time by the pool, or days where clarity and light energy are preferred over indulgence.

Ingredients are prepared simply and with intention, allowing natural flavors to shine.

Portions are balanced, satisfying, and designed to leave you feeling refreshed rather than full.

### **What's Included**

- Seasonal raw and lightly cooked vegetables
- Fresh herbs, citrus, and cold-pressed dressings
- A light protein or plant-based option, prepared gently and in balance
- Steamed or roasted seasonal vegetables
- Freshly pressed organic seasonal fruit juice
- Still or sparkling water

Prepared and served as a complete dining moment, with the same care, sourcing, and attention found throughout our culinary journeys.

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## Seasonal Notes & Typical Inclusions

*A gentle indication of what this experience typically includes.*

*Exact selections vary daily based on seasonality, freshness, and guest preferences.*

### Typically includes

- Seasonal vegetables, served raw and lightly cooked to preserve freshness and vitality
- Fresh herbs, citrus, and cold-pressed dressings prepared in-house
- A light protein or plant-based option, prepared simply and gently
- Steamed or roasted seasonal vegetables, prepared simply and clean in flavor
- Freshly pressed seasonal fruit juice
- Still or sparkling water

Dishes are designed to feel nourishing and restoring, offering clarity and lightness without heaviness.

Dietary preferences, allergies, and personal routines are always respected.