

# SUMMER DETOX GLOW

## LUNCH MENU

### Day 1

Main course:

Steamed vegetables with tahini and sesame dressing

Dessert:

Baked apple with walnuts and cinnamon

### Day 2

Main course:

Oven-baked salmon fillet with quinoa and roasted beetroot

Dessert:

Chia pudding with coconut milk and berries

### Day 3

Main course:

Grilled beef tenderloin with mesclun salad and avocado paste

Dessert:

Raw figs, pistachios, walnuts and raw cacao

Price: 99 Euro



*Blue Dolphin*

**HOTEL EUROPA**  
în EFORIE NORD