

MENU

Tasteful
enjoyment



Magical

JOIN US ON AN INTENSE DISCOVERY OF FLAVOURS!

TREASURE TROVE OF MEMORIES

Once upon a time, there was an enterprising and adventurous family. They travelled miles across the East. Heading for adventure. To discover new places, soak up culture and to experience the ultimate feeling of freedom and relaxation. They visited the colourful city of Marrakech and explored India. There they saw the **wonder of the world, the Taj Mahal**, visited the **Bal Samand Lake Palace** and admired the beautiful **Adalaj Stepwell in Ahmedabad**.

The journey was a succession of **odours, colours and flavours**. Having extensive dinners in small restaurants along the route, which included learning about the authentic Tandoor oven. And with occasional stops for a delicious cup of Chai at one of the **magnificent tea houses** and a tasty 'street food' snack at the local market.

The family fell in love. With the extraordinary Indian culture, the beautiful temples and buildings, and the unique lifestyle and pure craft. This love can be seen and felt in all facilities. And also in our dishes. **Everything you see, taste and smell in our restaurant is inspired by Indian culture.** And by the wonderful journeys of our family. Taken back home in a suitcase, or rather a treasure chest, to our kitchen. **A fairy tale, but real...**



Dolman family
Founders of Thermen Resorts

Allergies?

Food allergies are common. Please let our staff know of any allergies they should be aware of while preparing your meal. We want you to feel good and keep feeling good while you're visiting us. Our food specialists are at your service to provide personalised advice on our delicious menu, so you can indulge with peace of mind.





Magical

ENJOYING PURE FOOD

Did you know that at Thermen Berendonck you can enjoy dishes inspired by the authentic flavours of India? Our chefs get the purest flavours and richest spices from Asia to your plate and combine them with a surprising Western twist. Just think of fragrant curries, naan bread and flavourful dishes that are at the heart of oriental cuisine – accessible yet a unique taste experience at the same time.

Pure ingredients with a modern twist

Our chefs work with traditional recipes and give them a contemporary and Western interpretation. By combining original herbs and spices with local and fresh ingredients, they create dishes that are both authentic and modern. The balance between the intense oriental flavours and the elegance of the West provides a surprise with every bite.

Dishes to suit all tastes

Besides oriental-inspired dishes, our menu also offers a selection of accessible flavours from closer to home. From fresh salads and burgers to classically prepared dishes: we have something for everyone. With their familiar flavours, these dishes offer a nice addition to our menu, so everyone can find something to enjoy.

Healthy and conscious enjoyment

In our kitchen, health and taste go hand in hand. Our chefs prepare all dishes in a conscious and responsible manner, focusing on pure ingredients. As the Ayurvedic proverb goes: 'If you eat the right things, you won't need medicine.' At Thermen Berendonck, you consciously opt for wellness food that is not only tasty but also good for the body and mind.

Discover and enjoy!

Hans Grootenboer
Head chef

Homegrown, local flavours

OUR SUPPLIERS ON THE MAP

When it comes to taste, nothing beats local. That's what we believe in – with a few exceptions! That said...

We source most of our ingredients from the regional suppliers based just around the corner or our own country. It's the key to serving our wholesome, sustainable food. We know the growers and farmers and understand how much passion and love they have for their products. You can taste that in all the delicacies on our menu.



1. Brouwerij de Hemel

Located in the heart of Nijmegen, Brewery de Hemel has been brewing artisanal beers with a heavenly character for decades. Tradition and passion come together in the historic cellars of the Commanderie van Sint Jan. From their iconic 'Helse Engel' to refined seasonal brews, every glass tells a story of Nijmegen craftsmanship and pure ingredients.

2. Farm Fields in Wekerom

Exclusive, full of flavour and organic. Farm Fields' veal is entirely to our taste. That is why you'll find it on the menu at Thermen Berendonck (and at our sister Thermen Resorts). Even better: this veal farm in Wekerom is the only one with a 3-star seal of approval.

3. Segafredo

Enjoy Segafredo Impronte, a premium Italian blend of Arabica and Robusta beans, roasted locally in Groningen. The name Impronte (footprint) reflects their strong focus on sustainability: the coffee is 100% organic, Rainforest Alliance certified and packaged in recyclable material. Each cup is a responsible choice that also supports the Fondazione Zanetti Onlus.

4. Kaas- en Zuivelboerderij 'De Diervoort'

On the edge of the Wijchen woodlands lies the family farm De Diervoort. Their cattle graze on herb-rich meadows, and you can taste it in the rich, creamy dairy and traditionally crafted cheeses. The family produces cheese according to an authentic recipe, straight from the source to your plate, with love for animals and respect for nature.

5. Senza Tea

Not just any cup of tea, but a conscious choice for taste and impact. Senza (Italian for 'without') provides premium loose tea, minimising unnecessary packaging waste. A large part of their pure tea selection is organic (Skal-certified), which emphasises their commitment to environmentally friendly growing methods.

6. Bakkerij Carl Siegert

This bakery has a long history spanning generations of bakers. Each generation has passed its craft on to the next. Inspiration, innovation and true craftsmanship play a central role. Sustainability is a given. The bread we serve is organic. Good bread, and delicious too!



HOT BEVERAGES

Prefer
lactose-free?
Oat milk
+ 1

Chai latte 5.5

Espresso Chai latte 6

Café crème 4 *large* 5.5

Cappuccino 4.3 *large* 6

Espresso 4 *double* 5

Caffè latte 5

Flat White 5

Latte macchiato 5

Hot chocolate 5

Frozen cappuccino 7

Prefer caramel, white chocolate, pumpkin spice, tiramisu, speculoos, toffee or blueberry? Surcharge + 0.5

GOURMET COFFEE 8

Choose from:

Toffee Crunch Latte macchiato with toffee, whipped cream and crunchy crisps

Pumpkin Spice Latte macchiato with pumpkin spice, whipped cream and cinnamon

Speculatte Latte macchiato with speculoos, whipped cream and crumble

Tiramisu Latte macchiato with tiramisu syrup, whipped cream, cocoa and a ladyfinger

Blueberry Muffin Latte macchiato with the flavour of blueberry muffin, whipped cream and blueberry

SPECIAL COFFEE 8.5

Choose from:

Thermen coffee with Baileys

Spanish coffee with Tia Maria

Italian coffee with Amaretto

Irish coffee with Jameson Irish Whiskey

French coffee with Cointreau

Served with whipped cream

COFFEE NIMMA 8.5

Coffee with Anima coffee liqueur. Anima liqueur, from Nijmegen-based beer brewery 'De Hemel', is an aromatic liqueur made from beer distillate into which freshly roasted Arabica coffee beans have been soaked.

We will also gladly tell you all about De Hemel's speciality beers.

Coffee made from certified organic coffee beans, roasted at the Segafredo roastery in Groningen

PASTRIES

PASTRIES 6

Choose from:

Apple pie with cardamom ice cream

Mango passion cake with a hint of chocolate

Carrot cake with vanilla cream and almonds (*vegan*)

Cheesecake with forest fruits and a hint of vanilla

Chocolate cake with caramel and nuts

Red Velvet cake with cream cheese

Prefer whipped cream? Surcharge + 1.5

TEA

THERMEN TEA (*organic leaf tea*) 4

Our signature blend is a soothing herbal infusion of camomile, lavender and lemon balm. Fresh and floral in flavour, and completely caffeine-free

SENZA TEA (*organic leaf tea*) 4

Choose from: English Breakfast, Green Leaf, Jasmine Blossom, Wild Rooibos or Rooibos Ginger Lemon

INDIAN CHAI 5.5

Homemade Indian chai, served with a sweet treat

FRESH HERBAL TEA 5.5

Available with or without honey

Fresh mint tea

Fresh mint tea with ginger and lemon

Fresh ginger tea with orange

Spicy apple infusion with apple, cinnamon, clove and star anise

Golden (*turmeric, ginger & lemon*)

An empowering infusion that warms, cleanses, and restores vibrant energy

Joy (*clove, mint & orange*)

A spiced, aromatic blend designed to bring warmth and brightness to your autumn afternoons

Unwind (*mint, cardamom & liquorice*)

A soothing infusion crafted to calm the mind, relieve tension, and quiet daily stress

Take it easy! (*ginger, lemon balm & cinnamon*)

A gentle, restorative blend formulated to ease sleeplessness and relieve the common cold

Strength (*tarragon, orange & cinnamon*)

A robust, invigorating infusion to steady your senses and nourish your immune system

THERMEN ICED TEA 7

Our signature blend is a soothing herbal infusion of camomile, lavender and lemon balm. Fresh and floral in flavour, and completely caffeine-free

COLD BEVERAGES & SMOOTHIES

Ultimate enjoyment

COLD BEVERAGES

DOUBLE DUTCH 5

Indian Tonic, Ginger Ale, Ginger Beer or Double Lemon

SOFT DRINKS 4.3

Without added sugars

Pepsi Zero, Lipton Ice Tea Green Zero, 7UP Free, Rivella or Tomato juice

SOFT DRINKS 4.3

Pepsi, Lipton Ice Tea Sparkling, Cassis, Apple Juice or Sisi Orange

DAIRY PRODUCTS 4

Organic semi-skimmed milk, Organic buttermilk or Chocolate milk

SPRING WATER

Sourcy blue/red 0.2l 4.3

Sourcy blue/red 0.75L 7

HOMEMADE ICED TEA

Choose from:

Mango Grey 7

Homemade iced tea with bergamot, mango and ice 7

Lychee Bliss 7

Homemade iced tea drawn from green tea extract, infused with the enchanting flavor of lychee and served over ice

JUICE

WELLNESS JUICE 8

Fresh orange juice with yoghurt or buttermilk

FRESH ORANGE JUICE 8

LEMONAID+ 7

Lemonaid+ is a refreshing and unique Fairtrade soft drink without artificial flavours, colours and fragrances. Made from 100% organic ingredients while also being low in sugars. 5 cents of the proceeds from each bottle of Lemonaid+ goes to social projects in the regions where the ingredients grow. Honest enjoyment!

Available in the flavours: Passionfruit or Blood Orange

Bursting with flavours and colour

Our homemade smoothies are made with fresh fruit, healthy vegetables and a splash of love. They're also brimming with natural minerals, fibre, enzymes, antioxidants and vitamins. Each of our smoothies is a blessing for your digestion, bones and heart. It's a whole body experience – just like your wellness day.

SMOOTHIES

DETOX SMOOTHIE 8.5

Strawberry, banana, blueberry, apple and yoghurt

PASSION JUICE SMOOTHIE 8.5

Passion fruit, mango, peach, apple and yoghurt

GREEN SMOOTHIE 8.5

Avocado, banana, kale, lemon, apple, coconut and almonds

FROZEN SMOOTHIE 8.5

Strawberry & cherry or Mango & passion fruit

MANGO LASSI 8.5

Mango, yoghurt, honey and lime



Gin Tonic

COCKTAILS

ESPRESSO MARTINI 13

Ketel One Vodka, Tia Maria and espresso

MOJITO 14

Captain Morgan White Rum, fresh mint and lime

AMARETTO SOUR 13

Disaronno, lemon and vegan foamer

NEGRONI 13

Tanqueray London Dry Gin, Campari and Antica Formula

APEROL SPRITZ 13

Aperol, cava and sparkling water

GIN TONIC 14

Tanqueray Gin and tonic

MOCKTAILS *(non-alcoholic)*

VIRGIN CLOVER CLUB 10

Tanqueray 0.0, raspberry and vegan foamer

VIRGIN MOJITO 10

De Kuyper Mojito 0.0, mint and lime

WHITE WINE

Laurent Miquel Sauvignon Blanc | *Pays d'Oc, France* |

Glass 7 Carafe 22 Bottle 34

A fresh Sauvignon Blanc from the South of France with notes of citrus and white blossom. The flavor is crisp, vibrant, and beautifully balanced with a pure finish

Epicuro Pinot Grigio | *Sicily, Italy* |

Glass 8 Carafe 26 Bottle 40

Pinot Grigio with peach and pear. Dry, light and smooth with refreshing acidity and soft fruit flavours

Ramón Bilbao Rueda Verdejo | *Rueda, Spain* |

Glass 9 Carafe 30 Bottle 45

An aromatic and crisp Verdejo bursting with tropical fruit, passion fruit and citrus. The palate is vibrant, fruity and features a deliciously refreshing finish

Du Maréchal Blanc Viognier | *Roussillon, France* |

Glass 9 Carafe 30 Bottle 45

Muscat and Viognier create an aromatic biodynamic wine with floral notes, grapefruit and fresh fruit tones. Elegant balance with subtle Muscat notes and a smooth finish

Salentein Chardonnay | *Valle de Uco, Argentina* |

Glass 10 Carafe 34 Bottle 51

A rich and fresh Chardonnay with aromas of citrus, white peach and tropical fruit, complemented by mineral notes and subtle hints of caramel, honey and vanilla

SPARKLING

Prosecco Treviso DOC | *Veneto, Italy* |

Glass 8 Bottle 40

Fresh sparkling wine with aromas of green apple, pear and citrus, refined with white blossom. Lively mousse, elegant balance and a wonderfully drinkable character

Cava Zero 0.0 | *Catalonia, Spain* |

Glass 8 Bottle 40

Codorníu Zero is a delicious alcohol-free sparkling wine. Fresh citrus flavours and tropical fruit create a fine, delicate bubble with a fruity character

Ayala Champagne Brut | *Champagne, France* |

Bottle 37.5cl 40 Bottle 75cl 70

Fresh and elegant champagne with notes of citrus, flowers and white fruit. Well-balanced, refined structure, with a lively freshness and a long, delicate finish

ROSÉ

Farina Blush Pinot Grigio | Veneto, Italy |

Glass 7 Carafe 22 Bottle 34

A soft pink wine offering a vibrant fragrance of red fruits, citrus, and white blossoms. Delicate and beautifully balanced on the palate, with enchanting notes of strawberry, raspberry, and peach

Ramón Bilbao Rioja Rosado | Rioja, Spain |

Glass 8 Carafe 26 Bottle 40

A refined, pale pink rosé crafted from 100% Garnacha, evoking delicate notes of red berries, fresh lime, and white blossom. Exceptionally crisp and juicy with a silky, lingering finish

RED WINE

Epicuro Nero d’Avola | Sicily, Italy |

Glass 7 Carafe 22 Bottle 34

A full-bodied, deep garnet Sicilian wine filled with rich aromas of cherries, dark berries, and subtle botanicals. Smooth, warm, and gracefully rounded on the palate

Familia Conesa ‘La Doncella’ Tempranillo

| Castilla-La Mancha, Spain |

Glass 8 Carafe 26 Bottle 40

An organic creation showcasing a deep garnet hue with warm, velvety, and elegant flavours. Rich in aromatic cherry and gentle spice, beautifully balanced with notes of ripe dark fruit

Dourthe No1 Merlot-Cabernet Sauvignon

| Bordeaux, France |

Glass 9 Carafe 30 Bottle 45

Classic Bordeaux boasting a deep ruby color. Aromatic notes of ripe dark fruit, such as cherry and cassis, seamlessly elevated by subtle nuances of vanilla and soft oak

Salentein Pinot Noir | Valle de Uco, Argentina |

Glass 10 Carafe 34 Bottle 51

A soft and elegant Pinot Noir with refined aromas of ripe cherries, strawberries and subtle botanicals such as thyme and oregano, beautifully balanced with a fresh acidity

Farina Ripasso Classico | Veneto, Italy |

Glass 10 Carafe 34 Bottle 51

A robust red wine brimming with rich aromas of ripe plum, cherry preserve, and delicate spice. Harmoniously balanced with gentle acidity and smooth, mature tannins

BEER OF THE SEASON 7.5

Herfstbok is a full-bodied, dark Dutch autumn bock beer with a rich caramel flavour



BEER

DRAUGHT BEER

Grolsch Graafglas 0.25l 4.5

Grolsch Master 0.5l 8.5

Grolsch Weizen 0.3l 5.8

Grolsch Weizen 0.5l 8.8

Ondersteboven Hangende

Harry IPA 0.25l 7.5

BOTTLE

Grolsch Radler 2.0 5.8

La Chouffe 8

Grimbergen Dubbel 8

Grimbergen Blond 8

Grimbergen Tripel 8

Duvel 8

Special beer from brewery

De Hemel (delightfully local) 8

Ask our staff about the beer of the moment

NON-ALCOHOLIC

Grolsch 0.0 5.8

Grolsch Radler 0.0 5.8

Grolsch Weizen 0.0 5.8

Liefmans Fruitesse 0.0 5.8

Naan: flat Indian bread originally baked in a Tandoor oven. The naan is stuck to the inside of the clay oven and cooked this way at a temperature of 300 to 350°C.

Dukkah: a traditional mix of nuts and spices from the Middle East. A real palate cleanser.

Falafel: made from chickpeas or broad beans and flavoured with various spices.



Berendonck



LUNCH 12.00 PM TO 5.00 PM

Prefer
gluten-free?
Gluten-free
bread + 2

BERENDONCK 17

Brown multigrain bread with smoked salmon, homemade tuna salad, tzatziki, tomato, pickled red onion and wasabi mayonnaise

GOAT CHEESE 17 (vegetarian)

Naan bread with caramelised goat cheese, onion compote, broad beans, cherry tomatoes and rocket

FLAMMKUCHEN 18

Flammkuchen with pulled salmon, orange cream, red onion, gherkin, cherry tomato, lamb's lettuce and tandoori barbecue sauce

CHICKEN TANDOORI 17

Schiacciata with chicken tandoori, white cabbage, red onion, little gem and raita

CLUB SANDWICH 18

Toasted farmhouse bread with rolled chicken breast, egg salad, tomato, head lettuce and bacon. Served with chips and mayonnaise

FALAFEL BURGER 24 (vegetarian)

Brioche bun with a homemade falafel burger, tomato, pickled mushrooms, lettuce, coleslaw and ginger dip. Served with chips and mayonnaise

BERENDONCK BURGER 24

Brioche bun with a grilled organic Black Angus burger (180 grams), head lettuce, tomato, onion rings, cheddar and smoky burger sauce. Served with chips and mayonnaise

FRIED EGGS 15 (vegetarian)

Three free-range fried eggs with farmhouse cheese and ham. Served on farmhouse bread

Prefer loaded fries? Surcharge + 6

SALADS 12.00 PM TO 9.00 PM

CHICKEN TANDOORI 21

Salad with tandoori chicken, bean sprouts, sweet and sour cucumber, bimi, pak choi, sesame, little gem and curry dressing

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |

SALMON 23

Salad with pulled salmon, roasted pearl onions, radish, lentils, yellow beetroot and citrus dressing

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

DUCK 23

Salad with duck, mesclun, apple, cucumber, sweet and sour red onion, pomegranate seeds, flaked almonds, crispy sweet potato and citrus-honey dressing

Wine suggestion: Salentein Pinot Noir | Valle de Uco, Argentina |

GOAT CHEESE 19 (vegetarian)

Salad with caramelised goat cheese, pickled radish, cucumber, chickpeas, carrot, red onion, lime and a healthy crumble of crispy seeds with goji berries, spices and shiso (Japanese basil)

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

ROASTED VEGETABLES 19 (vegan)

Salad with roasted vegetables, parsnip, mushrooms, pumpkin, red onion, cashew nuts and curry dressing

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |

Our soups and salads are served with bread and butter, or with a cracker and dip

Surcharge for gluten-free bread + 2

Prefer fresh chips? Surcharge + 4

SIDE DISHES 12.00 PM TO 9.00 PM

BREAD PLATTER 7 (vegetarian)

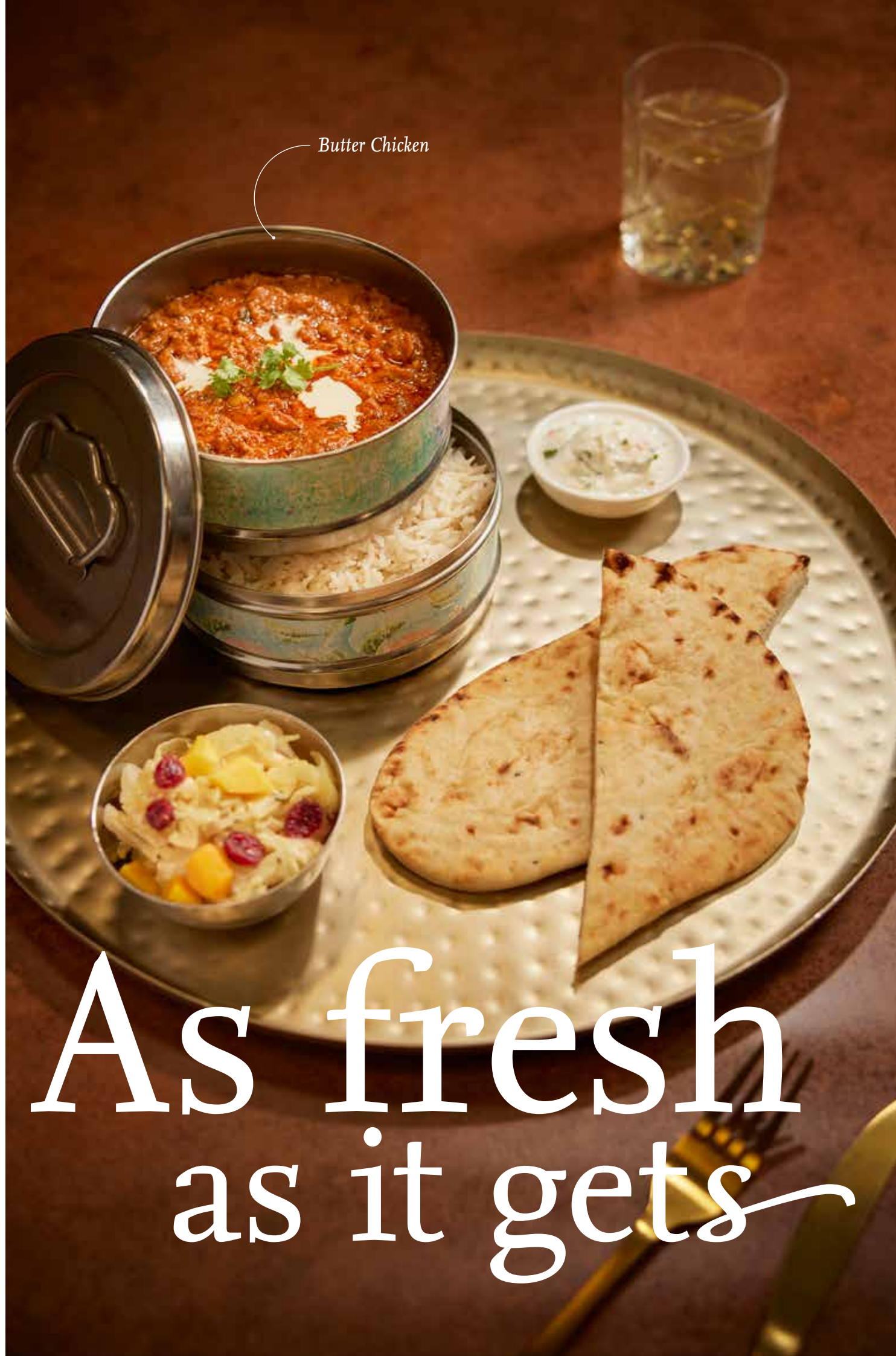
Rustic bread roll with Indian butter and dip

HUMMUS 10 (vegan)

Naan bread with hummus, dukkah, hazelnuts, almonds, coconut, pomegranate and coriander

Butter Chicken

As fresh
as it gets



SOUPS 12.00 PM TO 9.00 PM

DAHL SOUP 10 (vegan)

Indian lentil soup served with papadum

TOM KHA KAI 12

Tom Kha Kai with noodles, bean sprouts, haricots verts, bell pepper and chicken

SHORBA 10

Warm tomato and coconut infusion

STARTERS 5.00 PM TO 9.00 PM

HALIBUT 15

Halibut enriched with aromatic parsley oil and a delicate potato salad infused with vadouvan

Wine suggestion: Salentein Chardonnay | Valle de Uco, Argentina |

DUCK 15

Nourishing duck served with wholesome couscous, sweet potato, edamame, crisp cucumber, toasted flaked almonds, and a refined apple syrup crème fraîche

Wine suggestion: Ramón Bilbao Rioja Rosado | Rueda, Spain |

ALOO TIKKI 13 (vegan)

Enchanting Indian potato patties paired with vibrant mango chutney and red chilli

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

Enjoy a taste explosion with our loaded fries as a side dish, perfect to complete your main course.

LOADED FRIES 10

Sweet potato chips with Parmesan cheese, red onion, spring onion and truffle mayonnaise

DISHES 12.00 PM TO 9.00 PM

BUTTER CHICKEN 24

Traditional butter chicken curry with tender chicken, cashew nuts and coriander. Served with fresh salad, naan bread, garlic basmati rice and raita.

Wine suggestion: Salentein Pinot Noir | Valle de Uco, Argentina |

RISOTTO 24 (vegetarian)

Risotto with ras el hanout, spinach, leek and samphire tempura. Prefer tandoori chicken or zander? *Surcharge + 5*

Wine suggestion: Salentein Chardonnay | Valle de Uco, Argentina |

ZANDER 28

Zander with vadouvan sauce. Served with mung bean salad and parsnip-potato puree

Wine suggestion: Du Maréchal Blanc Viognier | Roussillon, France |

OSSOBUCO 27

Slow-cooked ossobuco with tikka masala sauce. Served with rice and naan bread

Wine suggestion: Familia Conesa 'La Doncella' Tempranillo | Castilla-La Mancha, Spain |

PUMPKIN CURRY 25 (vegetarian)

Indian pumpkin curry with chickpeas and goat cheese. Served with rice and naan bread

Wine suggestion: Ramón Bilbao Rueda Verdejo | Rueda, Spain |

BERENDONCK BURGER 24

Brioche bun topped with a grilled organic Black Angus burger (180 grams), head lettuce, tomato, onion rings, cheddar and smoky burger sauce. Served with chips and mayonnaise

Wine suggestion: Epicuro Nero d'Avola | Sicily, Italy |

FALAFEL BURGER 24 (vegetarian)

Brioche bun topped with a homemade falafel burger, tomato, pickled mushrooms, lettuce, coleslaw and ginger dip. Served with chips and mayonnaise

Wine suggestion: Ramón Bilbao Rioja Rosado | Rioja, Spain |

Prefer loaded fries? *Surcharge + 6*



Mokkatartelette

So, so delicious...

DESSERT 11.00 AM TO 9.30 PM

MOCHA TARTELETTE 12

Mocha tartelette with caramel, bokkenpootjes crumble, almond ice cream and chocolate sauce

WHITE CHOCOLATE MOUSSE 12

White chocolate mousse with mandarin sorbet, caramel, sugared nuts and meringue

SORBET 11

Sorbets of passion fruit, blood orange, lime and fresh fruit

BROWNIE 12

Brownie with vanilla ice cream, chocolate sauce and whipped cream

SMOOTHIE BOWL 12

Smoothie bowl made from banana, strawberry and hemp seeds with toasted coconut and fresh fruit

GOLDEN GRANOLA 9

Organic yoghurt with homemade granola with an Indian touch, made from oatmeal, nuts, seeds and tropical fruits

CHEESE BOARD 15

Cheese board with fenugreek cheese, blue cheese, matured goat cheese and aged Rotterdam cheese. Served with labneh (a nourishing yoghurt, feta and cumin dip)

Bites

WHOLESOME AND DELICIOUS

12.00 PM TO 9.30 PM

BEEF CROQUETTES 6 croquettes 8.5 12 croquettes 15

Beef croquettes with mustard

HUMMUS 10 (vegan)

Naan bread with hummus, dukkah, hazelnuts, almonds, coconut, pomegranate and coriander

SAMOSAS 6 samosas 11 (vegetarian)

Indian samosas filled with potato, vegetables and Indian spices with a classic mint sauce

MASALA CROQUETTES 5 croquettes 11

Curry masala croquettes with yoghurt dip

LOADED CAULIFLOWER 11 (vegetarian)

Cauliflower with mango sauce, barbecue sauce, spring onion and sesame seeds

KOREAN CHICKEN 11

Korean sticky chicken with white cabbage salad, red pepper and coriander

Dukkah: a traditional Middle Eastern nut and spice mix, often used as a dip with bread

Hummus: puree of chickpeas and sesame



What kind of dosha are you?

Although the three doshas are always in flux, everyone is predominantly one dosha type from birth. Are you a kapha, pitta or vata type?

Kapha represents the power of structure. Kapha types are quiet people, they are quite steadfast and do not get upset easily. They are good eaters but tend to gain weight quickly. Spicy food and Asian cuisine suit you as a kapha type.

Pitta represents the power of transformation. Pitta types are fiery, are leaders and love a challenge. They consider it important to eat regularly, but are better off avoiding stimulating, pungent spices and garlic. Want to keep your fiery energy in check? Eat cold dishes such as salads and raw vegetables.

Vata represents the power of movement. Vata types are lively and mobile, spontaneous and sensitive. Vata types have an irregular appetite. To avoid restlessness, it is best to avoid sugar where possible and choose warm and hearty foods.





RESTAURANT

Tri Dosha

Did you know that... you can enjoy a delicious and fresh three-course live cooking buffet at our restaurant Tri Dosha (on the first floor)? This unique restaurant brings the magic of Asia and the enchantment of India to your plate. Inspired by India's rich culinary traditions, Tri Dosha offers a wide variety of dishes prepared with local and seasonal ingredients.

A special element of Tri Dosha are the dishes from the traditional Tandoor oven. Our Tandoor chefs know better than anyone how to bring out authentic Indian flavours. Let their delicious dishes, prepared especially for you in the Tandoor oven, surprise you!

Fun fact, the name Tri Dosha is inspired by Ayurvedic philosophy. Ayurveda forms the basis of all buffet dishes in our restaurant. Each dish is carefully crafted to create balance between the three doshas: Pitta, Kapha and Vata, each symbolising a unique energy and characteristic. This can be seen and tasted in the carefully selected spices, refined flavours and traditional preparation methods, in full harmony with Ayurvedic traditions.

LUNCH FROM 12.00 PM | DINNER FROM 5.30 PM

AYURVEDIC BUFFET DISHES

KAPHA

DAHL SOUP *(vegan)*

Indian dahl soup of red lentils, with tomato, cinnamon, bay leaf, turmeric, coriander, ginger and garlic

PITTA

VARIOUS SALADS

Salads freshly prepared daily from seasonal produce

VATA

TANDOOR-BAKED SALMON

Salmon prepared in the Tandoor oven, marinated with yoghurt, lime, turmeric, garam masala, garlic and ginger

Did you know...

... **Thermen Berendonck** is part of a heart-warming wellness family? Together with **Thermen Maastricht**, **Thermen Soesterberg**, **Thermen Maarssen**, **Thermen Bussloo** and **Thermen Bad Nieuweschans**, we are family-owned Thermen Resorts.

Although all our resorts have their own individual ambience and experiences, they also have a lot in common, precisely because they are Thermen Resorts.

... Our corridor outside in the sauna garden is **identical to the corridor of the Taj Mahal**. Every detail is identical, from the pillars and arches to the main entrance.

... There are more than **150 handmade Indian 'Jalis'** in the resort? These are the attractive and characteristic sandstone frames that can be seen above the pool, among others.

... Our Chaay Ghar sauna is inspired by the tea houses from the Taj Mahal corridor. Extra special is the oriental tea infusion ritual that can only be experienced in this Chaay Ghar sauna. A pure, cleansing and purifying experience for your skin, body and mind. You can also call it oriental happiness!





... You can extend your visit to the thermal baths with a delightful overnight stay. Dream away with One Thousand and One Nights. Wake up in enchanting luxury. In **Hotel Thermen Berendonck** you can escape everyday life and relax in an oriental dream world.

Experience a culinary journey in one of the restaurants. Discover refined flavours in **Numa** or experience fine dining in restaurant **Sapna**. Luxurious and formal dining. Even better: you can visit without entering the Thermen.

... Our saltwater pool is inspired by the **Adalaj Stepwell in Ahmedabad**. Many centuries ago, the stepwell was already the place to be for Indians to enjoy and unwind. The spring was used for drinking, washing and bathing. It was also the place for colourful festivals and sacred rituals. You will experience that atmosphere and feeling in our Adalaj Stepwell. **We created an exact replica of how it was in the day, enchantingly beautiful.**



... The entrance to the thermal baths from our reception area is an **ancient city gate from the city of Jaipur**. A city in northern India, it is also known as the 'Pink City'.

... **We are working on sustainable initiatives every day?** As part of these initiatives, there are solar panels on our carports in addition to the more than 600 solar panels on the roof of our thermal baths. These carports provide shelter while also generating energy.

