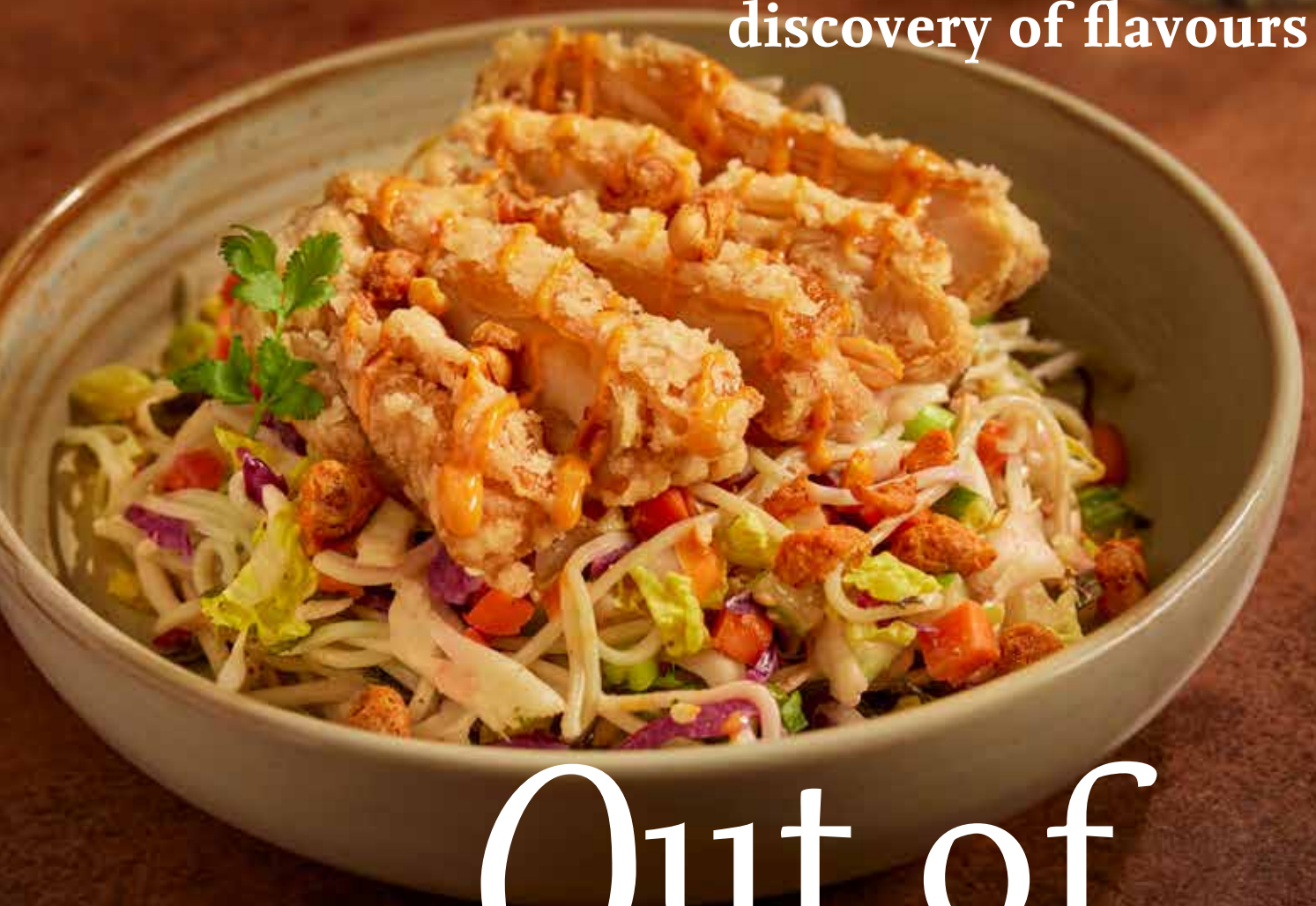


# MENU

A sensational  
discovery of flavours



Out of  
this world

LET THE AUTHENTIC FLAVOURS OF THE WORLD SURPRISE YOU!



## 'AT HOME' IN OUR WORLDLY CUISINE

I would love to take you into our worldly cuisine, where relaxing and enjoyment come together.

The inspiration for our dishes comes from all over the world, from India to Peru and from Italy to the farmer around the corner. A unique blend of local and worldly ingredients.

I always remember the moments I enjoyed the taste of unique flavours. Those are precious memories that I recall when tasting these flavours.

Today, my team and I are at your service to ensure you enjoy delicious and healthy dishes. So we can make sure that you will go home with a relaxing memory.

Enjoy!

**David ter Braak**

*Head chef*

*Smashed Avocado*



### 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.

BEFORE YOU START ENJOYING

# good, healthy and tasty

Here's an appetiser – in words this time – to tell you all about our good, healthy and delicious food and drinks. Or as we call it: the world of wellness food. From Thailand to Indonesia and from China back to the Netherlands; a wealth of inspiration. You will discover and experience it at Thermen Bussloo. Here, everything is about positive thoughts and a warm smile. About relaxing, enjoying together and above all... about you! Join us on a sensational discovery of flavours.

This is the place to unwind and treat yourself to some seriously good-for-you wellness food. It's a place to honour your body with our broad selection of delicious and nutritious wellness food. Our kitchens and restaurants are all about serving good, tasty and healthy dishes that make you shine on the inside and out!

#### **Authentic with a modern twist**

Delicious soups, richly filled salads, small dishes to share and main dishes like curries and noodles. Our chefs have combined the variety and flavours of different Eastern countries with the elegance of the West.

The result? Delicious dishes inspired by Asian cuisine with a European twist. A worldly surprise to be enjoyed!

#### **Wellness food, made with love and attention**

As specialists in wellness food, our chefs hand-pick wholesome, healthy and locally sourced ingredients that are bursting with wonderful, natural flavours. All products and ingredients are selected with love and attention, because it's only good enough for you when it feels right for us. We can trace the origins of all products we use. For instance, we grow herbs in our own herb garden. Any products we buy come directly from the local grower or farmer whenever possible. The food on your plate may have grown or been reared just a few fields away.

Let your taste buds guide you as you explore our wholesome menu. Our wellness food is happy food, so pick whatever brings you joy. You have the luxury of time. Relax and browse at your leisure.

Bon appétit!

# Local quality, 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. That is deliberate and sustainable at the same time. 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 TLANT

Our buffet offers TLANT's unique Funky Fruit Mashies. Delicious Dutch fruit spreads without any refined sugars, gluten-free and vegan. And... the fruit is sustainably grown at the Laarhoeve, a care farm where the strengths of people with special care needs are put to good use. Flavour at its purest.

### 2 Farm Fields

Our hamburgers are made with meat from Black Angus cattle sourced from Farm Fields. This exclusive, delicious and organic meat has been sourced from the Veluwe region, with a focus on animal welfare, the environment, origin and quality. Farm Fields is the only veal farm in Europe with a 3-star seal of approval. The veal is selected entirely according to our taste, so top quality is ensured.

### 3 Goudbeek Farm

Our chefs absolutely love the Goudbeek family. So will you after tasting their delicious and artisanal dairy products. They have been running their small farm with attention, love and respect for animals and the environment for generations. Simply put, it's a fantastic regional product.

### 4 Dijk 43

A local pig farmer and care farm in Klarenbeek – indeed, practically our neighbours – with a passion and love for raising pigs and helping people with their daily rhythm. And the pigs are free to roam, both indoors and outdoors. Even the feed is sourced from their own land as much as possible.

### 5 De Kolke Farm

The best of the land and season. Our chefs select and source it from this artisanal farm. By bike, since this farm is just a stone's throw from Thermen Bussloo. Seasonal vegetables, dairy products, flour, juices... 100% wellness food.

### 6 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.

### 7 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.





## HOT BEVERAGES

**Hot chocolate** 5.5

**Hot chocolate special** 7

**Chai Latte** 5.5

Black tea with cinnamon, star anise, cardamom, black pepper and milk

**Matcha Latte** 8

Green tea with a blend of spices for a unique, exotic taste

Prefer  
lactose-free?  
Soy milk or  
oat milk  
+ 1

### GOURMET COFFEE 8

Ask one of our staff about special coffee experiences

**Coffee** 4

**Coffee large** 5.5

**Cappuccino** 4.3

**Cappuccino large** 6

**Caffè Latte** 5

**Latte macchiato** 5

**Espresso** 4

**Double espresso** 5.5

**Iced cappuccino** 7

met siroop + 1

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

## PASTRIES

**PASTRIES** 6

Choose from:

**Mocha meringue** with hazelnut filling (*gluten-free*)

**Warm apple pie** with almond paste and crumble

**Forest fruit cheesecake** with biscuit base

Carrot cake with walnuts and orange (*vegan*)

**Seasonal cakes**



## Truly good tea

Tea has its origins in ancient China. The story goes that a Chinese emperor was heating water and wild tea leaves accidentally ended up in the water. He smelt the delicious aroma of tea as we know it today and decided to taste it. Since then, we have been drinking tea all over the world.

### TEA

**SENZA TEA** (*organic leaf tea*) 4

Choice of: English Breakfast, Green Leaf, Jasmine Blossom, Wild Rooibos, Rooibos Ginger Lemon or Camomile Garden

**FRESH HERBAL TEA** 5.5

Available with or without honey

Fresh mint tea

Fresh ginger tea

**Resistance** (*ginger & basil*)

A real boost for your resistance

**Unwind** (*star anise, thyme & mint*)

A delicious infusion to unwind a little

**Happiness** (*rosemary & orange*)

For a feeling of happiness in your glass

**Winter harmony** (*ginger, orange & cloves*)

Stimulates your senses and gives inner peace. Perfect for the winter months

## MOCKTAILS

### **WATERMELON & PEACH 12**

Watermelon, peach, butterfly pea flower and sparkling water

### **BEETROOT ELDERFLOWER 10**

Beetroot, elderflower and pomegranate

### **BUTTERFLY PEA FLOWER 10**

Blue tea and fresh herbs

### **SAPHINA ORGANIC 10**

An extraordinary mocktail made from ten kinds of potent roots and soda

### **PALOMA 10**

Grapefruit, lime and sparkling water

*Mocktail Butterfly Peaflower*



# Healthy and tasty

# 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, orange juice, apple juice and low-fat yoghurt ice cream

### PASSION JUICE 8.5

Passion fruit, mango, peach, orange juice and low-fat yoghurt ice cream

### GREEN SMOOTHIE 8.5

With avocado, apple, spinach, cinnamon, coconut and almond

### MANGO LASSIE 8

Refreshing yoghurt drink with fresh mango and coconut

### FROZEN SMOOTHIE 8.5

With strawberry and cherry

### ORANGE JUICE 8

## COLD BEVERAGES

### DOUBLE DUTCH 5

Indian Tonic, Ginger Ale, Double Lemon or Ginger Beer

### SOFT DRINKS *sugar-free* 4.3

Pepsi Zero, Lipton Ice Tea Green Zero, Seven-up Free, Rivella, Sisi Orange Zero or Royal Club Tomatensap

### SOFT DRINKS 4.3

Pepsi, Lipton Ice Tea Sparkling, Royal Club Cassis or Royal Club Appelsap

### BIONADE ORGANIC SOFT DRINKS 7

Elderberry 0.33l, or Ginger orange 0.33l

### TABLE WATER

Sourcy blue/red 0.2l 4.3

Sourcy blue/red 0.75l 7

### BIRCH SYRUP WITH CASSIS 7.5

### WINTER WELLNESS ICE TEA 7

With ginger, star anise and red pepper



## COCKTAILS

### WELLNESS GIN-TONIC 14

Experience the first true Wellness Gin, brewed with love and passion by Wagging Finger Distillery together with the Thermen Bussloo team. Besides our attention and passion, you will experience notes of botanical herbs, such as cardamom and lemon balm. Full of flavour, fresh and spicy!

### MIMOSA 13

Sparkling wine and fresh orange juice

### PASSION MARTINI 13

Passion fruit, vodka a hint of vanilla

### MATCHA COCO 13

Matcha with rum and creamy coconut

### ORANGE SPRITZ 13

Orange, Italian bitter liqueur, prosecco and sparkling water

### AMARETTO SOUR 13

Almond liqueur, lemon juice, sugar and Angostura bitters

### ESPRESSO MARTINI 13

Espresso, vanilla, coffee liqueur and vodka

### HOT TODDY 13

Whisky with honey, lemon, hot water and cinnamon

## WHITE WINE

---

**Pinot Grigio, Epicuro** | *Puglia, Italy* |

Glass 7 Carafe 22.5 Bottle 32.5

A soft-spicy wine with aromas of apple, peach and tropical pineapple. Fresh with light minerality

**Chardonnay, Mountain View** | *Western Cape, South Africa* |

Glass 7 Carafe 22.5 Bottle 32.5

Peach and apricot on the nose, subtle notes of almond and soft acidity on the palate combine to make this a wine loved by everyone

**Viognier, Laurent Miquel** | *Languedoc, France* |

Glass 7.5 Carafe 26 Bottle 37

From the Pays d'Oc, this wine has many aromas. The fullness of this Viognier combined with acidity makes it an exciting wine

**Chardonnay, Kendall-Jackson Vintner's Reserve**| *California, USA* | Glass 9.5 Carafe 34 Bottle 53

This Chardonnay is perfect for real lovers of earthy wines with nice round notes

**Sauvignon Blanc, L'Avenir Horizon**| *Stellenbosch, South Africa* | Glass 8 Carafe 28 Bottle 40

This white wine has a clear, light golden colour. Tropical fruits, such as guava and pineapple are beautifully complemented by a hint of lemongrass. The wine has a fresh and lively flavour, with juicy notes of white pear, melon and a subtle grassy touch

**Grüner Veltliner, Steininger** | *Kamptal, Austria* |

Glass 8.5 Bottle 45

An elegant Grüner Veltliner from Austria with delicate mineral aromas and a subtle spiciness. On the palate, the wine is lively and pure, with fresh acidity. The finish is long and characterized by a delicate hint of white pepper, adding extra character to the wine

## SWEET WHITE WINE

---

**Muller-Thurgau, Peter Meyer, Bereich Bernkastel**| *Mosel, Germany* | Glass 6 Carafe 18 Bottle 28.5

From the heart of the Moselle, area Bernkastel. A mildly sweet German classic with notes of ripe fruit, flowers and honey

## SPARKLING WINE

---

**Prosecco Spumante, Maschio** | *Veneto, Italy* |

Glass 8 Bottle 40

**Champagne Ayala Special Cuvée Brut**| *Champagne, France* | Glass 11 Bottle 65

## ROSÉ WINE

---

**Garnacha rosé, Brana Vieja** | *Navarra, Spain* |

Glass 6 Carafe 18 Bottle 28.5

A refreshing rosé from the Garnacha grape. This quirky rosé possesses a juicy and fruity character

**Cinsault, Grenache, Syrah, Laurent Miquel**| *Languedoc, France* | Glass 8 Carafe 27 Bottle 40

This stylish rosé has a beautiful, light rosé colour and a long finish. The flavours of red fruit combined with slightly spicy tones dominate this wine

### OUR CELLAR TREASURES

Do you fancy a special wine? Ask one of our staff about our cellar treasures. They will gladly tell you all about our selection of fine wines.



## RED WINE

### **Tempranillo, Brana Vieja** | Navarra, Spain |

Glass 6 Carafe 18 Bottle 29

Supple, meaty and above all fruity. This is a wine with a lot of fruits and a soft finish

### **Nero d'Avola, Epicuro** | Sicilië, Italy |

Glass 7 Carafe 23 Bottle 32.5

Full flavour of cherries and spices with a garnet red colour. This wine brings you the warmth of Sicily

### **Pinot Noir, Laurent Miquel**

| Languedoc-Roussillon, France | Glass 8 Carafe 27 Bottle 40

A soft red wine with a friendly character. Blueberry, raspberry and wild strawberry, combined with spicy aromas

### **Merlot - Cabernet Sauvignon, Dourthe**

| Bordeaux, France | Glass 8 Carafe 27 Bottle 40

Typical Bordeaux blend with good structure. Bitter on the nose and long on the finish. This is an excellent quality Bordeaux wine

### **Ripasso, Farina** | Valpolicella-Veneto, Italy |

Glass 8.5 Carafe 30 Bottle 45

A wine full of passion. This Ripasso possesses a nice balance between intense and spicy notes. Black cherry, ginger and pepper make this a wine full of power!

### **Susumaniello, Masca del Tacco** | Puglia, Italy |

Glass 9.5 Carafe 34 Bottle 53

This is a beautiful yet unknown gem from the Puglia region of Italy. A wine with aromas of blueberries, ripe red fruits and spicy aromas. Nice long finish with ripe tannins and fruity notes



### **Wellness Weizen**

#### **'BEER FROM THE SOURCE'**

*The purity of the Veluwe, the power of strong cooperation. Pure spring water from Thermen Bussloo, grain and wheat from a farm around the corner, kettles from a Zutphen brewer. These are the ingredients of this surprisingly flavourful and relaxed beer. Strikingly fruity, slightly spicy, deliciously fresh and heart-warmingly delicious. Pure wellness beer, brewed with love and passion by Chamaven Brewery, de Kolke Farm and the Thermen Bussloo team.*



## 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  
**Grimbergen blond** 0.25L 7.5  
**Grimbergen Tripel** 8  
**Seasonal beer** 7.5

### BOTTLE

**Grolsch Radler 2.0** 5.8  
**Grimbergen Dubbel** 8  
**Duvel** 8  
**Liefmans Fruitesse** 8  
**Wellness Weizen** 7  
**Beer of the season** 7.5

### NON-ALCOHOLIC BEERS

**Grolsch 0.0** 5.8  
**Grolsch Radler 0.0** 5.8  
**Grolsch Weizen 0.0** 5.8  
**Liefmans 0.0** 5.8

## LUNCH

### EGGPLANT 15 (vegan)

Schiacciata bread with aubergine spread, tahini, red cabbage, fennel, roasted aubergine, chilli oil, coriander and fried oyster mushrooms

Eggplant



CRISPY  
**Fresh**



## LUNCH

MONDAY TO FRIDAY FROM 11.00 AM TO 5.00 PM

SATURDAY AND SUNDAY FROM 11.30 AM TO 5.00 PM

### BUSSLOO SANDWICH 17

Brown bread with tuna salad, smoked salmon, wasabi mayonnaise, pickled red onion, tomato and dill

### SMASHED AVOCADO 16 (vegetarian)

Toasted bread with smashed avocado, celery, poached egg, yoghurt, mint, feta cheese, roasted pumpkin and chilli oil

### ENTRECOTE 16

Schiacciata bread with thinly sliced entrecôte, sage, anchovy mayonnaise, gremolata, fried mushrooms and pickled red onion

### OMELETTE 16 (vegetarian)

Omelette with fried mushrooms, wintertruffels and Parmesan cheese. Served with sourdough bread and fresh salad

### BEEF CROQUETTES 15

Two beef croquettes served with bread, mustard mayonnaise and fresh salad  
(Prefer vegetarian? Try our vegetarian croquettes)

## SALAD MEALS

MONDAY TO FRIDAY FROM 11.00 AM TO 9.00 PM

SATURDAY AND SUNDAY FROM 11.30 AM TO 9.00 PM

### ORIENTAL NOODLES 19

Oriental noodle salad with red cabbage, white cabbage, bean sprouts, carrot, red onion, little gem lettuce and coriander, served with crispy chicken, spicy peanuts and sriracha mayonnaise

### GOAT CHEESE 19 (vegetarian)

Salad with caramelised goat cheese, beetroot, radish, cucumber, cherry tomato, red onion, smoked almonds and truffle-hazelnut dressing

### QUINOA BOWL 19.5 (vegan)

Winter quinoa bowl with spicy pumpkin, aubergine, beetroot, chickpeas, kale, crispy Brussels sprouts and dates

### PULLED SALMON 22

Salad with pulled salmon, soft boiled egg, piccalilli, radish, cucumber, cherry tomato, blood orange, red onion, orecchiette pasta, wasabi mayonnaise and a herb dressing

Our salads are served with bread and herbal butter.  
Prefer fresh chips? No problem! Additional charge + 4

Prefer  
gluten-free?  
Gluten-free bread  
+ 2

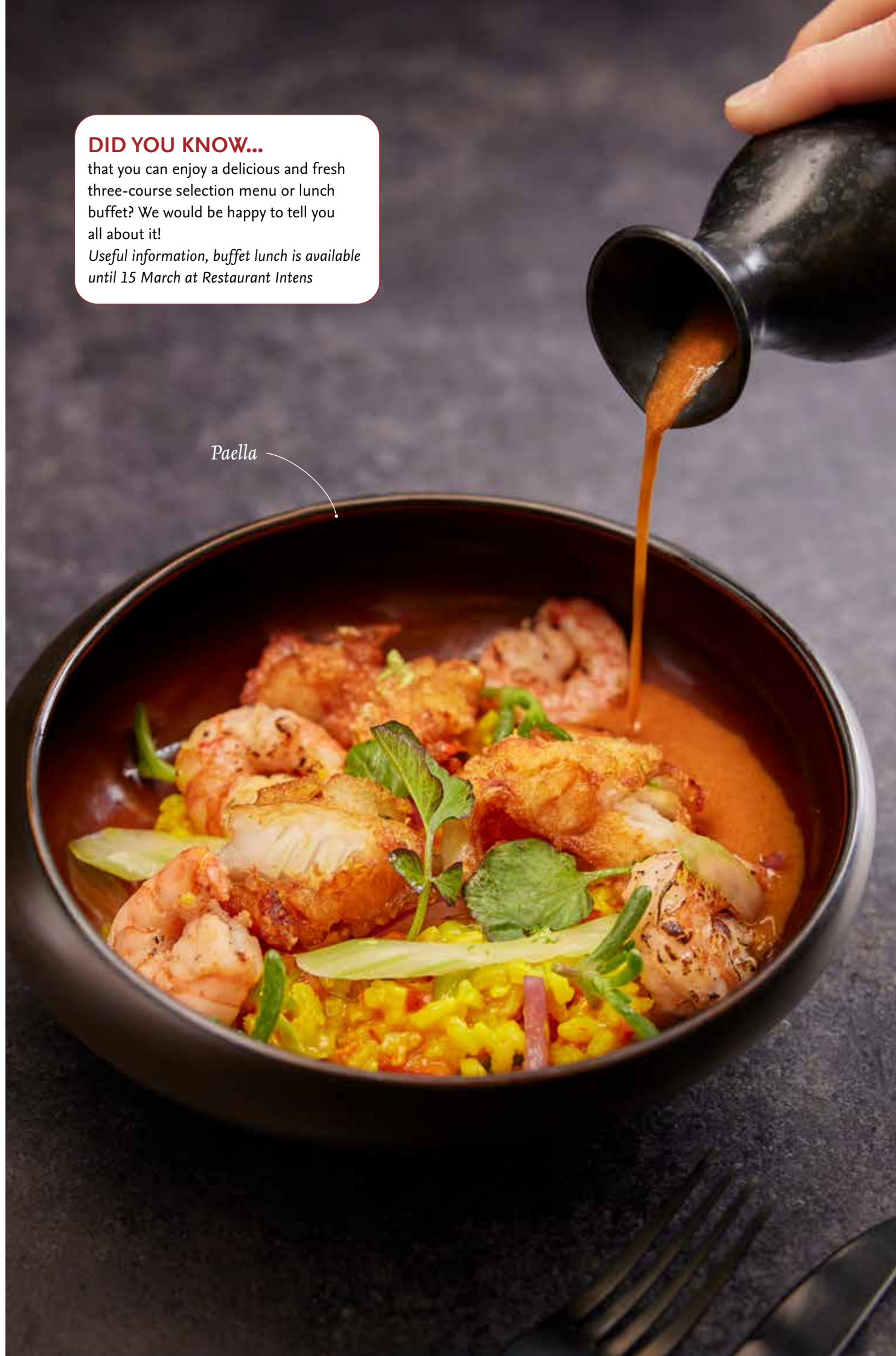


**DID YOU KNOW...**

that you can enjoy a delicious and fresh three-course selection menu or lunch buffet? We would be happy to tell you all about it!

*Useful information, buffet lunch is available until 15 March at Restaurant Intens*

Paella



# Tasty surprises

## SOUPS

MONDAY TO FRIDAY FROM 11.00 AM TO 9.00 PM  
SATURDAY AND SUNDAY FROM 11.30 AM TO 9.00 PM

### TOMATO SOUP 8 (vegan)

Fresh tomato soup with courgette, celery and basil.  
Served with bread

### THOM KHA KAI 14

Thai coconut soup with plucked chicken, mushrooms, pak choi, tomato, bean sprouts, coriander and red pepper

### SEASONAL SOUP 9

A delicious soup made with ingredients of the season.  
Served with bread

## SIDE DISHES

MONDAY TO FRIDAY FROM 11.00 AM TO 9.00 PM  
SATURDAY AND SUNDAY FROM 11.30 AM TO 9.00 PM

### Bread platter 8

Artisan bread with garlic herb butter and aioli

**Mixed salad** with herb dressing 5

**Fresh chips** with mayonnaise 5

**Fresh chips** with truffle mayonnaise, Parmesan cheese and chives 7

**Seasonal vegetables** 5

.....  
*Side dishes can only be ordered in combination with a main course*  
.....

## MAIN COURSES

FROM 12.00 TO 9.00 PM

### PAELLA 28

Paella-style risotto with crispy fried redfish fillet, prawns, chorizo, spring onion, pepper, celery, red onion and Parmesan cheese

### INDIAN CURRY 24 (vegan)

Indian curry with sweet potato, chickpeas, onion, tomato and cauliflower, served with herb rice, coriander naan bread and raita

### RAVIOLI 24 (vegetarian)

Ravioli with celeriac and truffle in a miso butter sauce, with sautéed mushrooms, fried oyster mushrooms, burrata, herb salad, marinated cherry tomatoes and a hazelnut truffle dressing

### BLACK ANGUS BURGER 24

Grilled Black Angus burger on a brioche bun with pulled beef, pickle and jalapeño relish, little gem lettuce, tomato, smoked Gouda cheese, onion rings and srirachamayonnaise. Served with verse chips and mayonnais.

### VENISON 32

Duo of venison steak and venison stew with red cabbage, parsnip cream, stewed pear and Brussels sprouts

### SHORT RIB 28

Slow-cooked short rib, grilled on the BBQ, with polenta, green cabbage, beetroot and black garlic gravy

Churros



# A moment of joy

WHILE ENJOYING THE MOMENT

## DESSERTS FROM 11.00 AM TO 9.00 PM

### CHURROS 9

Churros with vanilla sauce and cinnamon ice cream

### PANNA COTTA 9

Fresh panna cotta with caramelised pear, winter spices and blood orange sorbet ice cream

### ARTISAN YOGHURT OR QUARK 11 (from 9.00 am)

Farmhouse yoghurt or quark with organic granola made from chocolate, hazelnuts and date syrup. Served with apple compote, cinnamon and mint

**Tip!** A delicious cocktail to round off your dinner

#### ESPRESSO MARTINI 13

Espresso, vanilla, coffee liqueur and vodka



# Snacks

WHOLESOME AND DELICIOUS

FROM 3.00 TO 10.00 PM

**CROQUETTES** 6 croquettes 8.5  
Croquettes with coarse mustard

**BREAD PLATTER** 8 (vegetarian)  
Bread platter with herb butter and aioli

**NAAN BREAD** 9  
Fresh naan bread with pumpkin hummus, dukkah spices and herb oil

**GYOZA** 11 (vegan)  
Vegetable gyoza with soy sauce and chili saus

**CRISPY CHICKEN BITES** 11  
Crispy chicken with kimchi dip and coriander

**EMPANADA** 12 (vegan)  
Empanada with avocado salad, spicy mango and coriander

**CAMEMBERT** 12 (vegetarian)  
Camembert from the oven with fig compote, toast and honey

**APPETISER PLATTER** 13  
A selection of local dried sausages, cheese, marinated olives, mustard and apple syrup

**REDFISH** 13  
Redfish fried in tempura batter with lemon sauce



