



If you've never been to a health food restaurant, you probably have no concept of the totally distinctive culinary experience that awaits you. For the connoisseur of Raw foods and Vegetarian preferences, for the specialist in Vegan Dieting and Detoxification, and particularly for those engaging in a Cleansing Fast, the Spa Resorts' Radiance Restaurant perfects not only programs for lifestyle enhancement or changes in diet, but the essence of what great food is supposed to taste like.

If you have never been to the Radiance Restaurant, then you are definitely missing out on one of the most appealing menus and epicurean journeys available on Samui.

Johannes Pawlitzki, Executive Health Consultant of The Spa Resorts, invited us to one of the most memorable dining adventures we have experienced. We came prepared, famished and eager with anticipation to indulge in some of the newest menu items about to be offered to all guests of the Radiance Restaurant.

Now I must admit, I'm a carnivore. Ask any one of my friends, or inquire at any of the restaurants that I frequent, and you will be shocked at the size of plates I order, and the amount of meat that I am able to consume. Most fitness gurus take me aside and ask if I feel healthy, or offer me homeopathic remedies for the tapeworm I must have, and I am continually observed by the detox community as a perfect candidate for a new program. It's not my fault really; I come from the beef capital of Canada, and was unfortunately raised with sausage for breakfast, a burger for lunch and a rib eye that barely fit onto my plate for dinner. Vegetarian food and detox diets were somewhat of a mystery to me before I washed up onto the shores of Samui. For me they seemed more like a side dish to dress up my meal, more than the meal itself.

"Old people shouldn't eat healthy foods. They need all the preservatives they can get." Robert Orben

We were formally met with absolute professionalism, and The Spa's Health Consultant, Johannes, had himself come well prepared to greet us and explain in detail the



outline for the experience. "We try not to take ourselves too seriously here at The Spa Resorts," he mentioned with a serious smile as our waiting staff turned away from delivering our first courses of Tom Yum Coconut Soup, Brown Rice Salad and Gaeng Phet Ped Yang, the backs of their shirts comically stating one of the Spa's informal slogans. When you visit, this is a must see!

With the Spa Samui and New Spa Chiangmai

**"This stuff tastes AWFUL!
I could have made a fortune selling it in my health food store"
Woody Allen**

focused on offering programmes with an emphasis on Fasting and Detoxification, the play on words was more than appropriate, it was downright perfect!

"We are not a Five-Star Restaurant, or Resort, but we have been recorded as one of the top 50 restaurants to eat at, in the world."

I looked around at the surroundings as Johannes spoke, noting the incredible views from the upper dining area from where we ate, the chemistry of the ambiance defined by wooden tables and chairs carved from beautifully intertwining trees, and the simple yet aristocratic décor that fashioned the restaurant. With ease and polite announcements the food arrived, plate after plate, presented with a completely edible array of trim and garnish that enhanced each plate. Vegetable Lasagne and Raw Cheese Cake, Nori rolls and completely raw Pad Thai burdened our table with the enormity of the size of the dishes, while I savoured each item with an indescribable fascination. Washing down the Thai healthy menu, the raw food menu and the Mango softy with a Wheatgrass Pina Colada, I suddenly realized that I was completely satiated. As I looked about the table I was equally startled to see that we had not finished all of the food that had been prepared for us. Now on most occasions this would not be the case, and I must confess that I have sought out a good burger stand after dining at some of the more refined places in my home country, but I sat utterly contented with my meal. And the best part about it was, that the sense of fullness was not followed by that sick, tired feeling that often follows a well-rounded meal.

"A favourite of our guests is the Raw Pad Thai, and of course the Tom Yum Soup, it has all the flavours of the Tom Yum spiciness without the cooking."

I must tell you all that the Radiance Restaurant also has a fantastic choice of foods with meat, prepared with the same beauty as the Vegetarian, Raw, Detox and Vegan options. Another one of the most appealing facts about The Spas Resort is the price factor. Creators Guy and Toi Hopkins, have maintained their philosophy of making people both healthy and happy, by allowing guests to enjoy their holidays, whether they are here to change bad habits, increase their health and longevity, or to simply eat well, by keeping everything extremely affordable. Modestly put, it is "Based on a very simple idea of taking care of ones self..."

So I am now a converted carnivore. Changed in my opinion about what it feels like to eat a healthy meal, despite my natural draw towards cooked food, and amazed by the responsibility The Spas Resorts and the Radiance Restaurant have in teaching people how to

improve their eating habits. They offer cooking classes and programs to assist you in gaining your optimum health, as well as a number of lifestyle changes that will allow you to explore new ways of enjoying your journey



through life. I personally would like to congratulate Mr. Johannes Pawlitzki on his magnificent additions to the new menu, based on his own palette for fine cuisine, and for entertaining us as he does all of his guests, with unsurpassed excellence.

Despite the fact that Radiance is not considered a Five-Star restaurant, it has all of the credentials necessary to make it one, with the exception of the additional digits in the sum of your bill. If you stop counting the stars on the restaurant listings, and begin to dig into the meat of what it is that is offered – that's a pun by the way – you will see that the Radiance Restaurant offers more than a sky full of stars, it offers you well-being, and a gastronomic expedition that will fulfil you in every sense of the word.

Radiance

Stop Counting the Stars*

List of Dishes on the Interview Day

Thai Healthy Menu:
 Tom Yum Coconut Soup
 All the flavours of traditional Tom Yum without the cooking of traditional Tom Yum without the

Brown Rice Salad
 Brown rice mixed with green beans, corn, tomato, red and green pepper, spring onion, sprouts, cashew and goat cheese with a red wine vinegar, olive oil, Dijon dressing

Gaeng Phet Red Ya
 Dried prawns, pineapple, protein in coconut curry with tomato, pineapple, basil

Raw Food Menu:
 Raw Thai Nori Roll
 Raw nut rings, served with Macadamia dressing and fresh ginger

Vegetable Lasagne
 Raw nut rings, served with Macadamia dressing and Caesar salad

Raw Introduction to Hummus
 Cheese Garden burger with vegetable sticks

Dessert:
 Just Like Cheesecake
 The taste of traditional Cheesecake without dairy - macadamia, coconut, cashew

Mango Softy
 Fresh frozen mango cream topped with honey cinnamon sauce

Shake/Smoothie/Drink
 Tamarind Cooler
 Wheatgrass Pineapple and Coconut filled with the taste of wheatgrass

Manhattan Special Fusion
 A blend of veggies and fruits with a dash of ginger

The SPA Resorts
 The Art of a Healthy Great Taste

Radiance
 The Art of a Healthy Great Taste

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Roma Sun Setting...Temptation Rising

Roma Restaurant at Paradise Beach Resort
 Macnam Beach, Phone : 0 7724 7227, www.samui Paradise Beach .com

Yupa Restaurant
 The authentic taste of Samui island
 @ Chaweng Bay View Resort

Baked spare ribs of pork with honey sauce
 Your romantic dining experience with scenic view over Chaweng Bay.
 Daily fresh Seafood direct from the local market!
 party and catering service available
 panoramic ocean views

Mussel oven baked with white wine sauce

9/39 Moo 2, Chaweng Bay View Resort, Koh Samui
 next Eranda Spa - opposite Nora Beach Resort
 for reservation please call 0 7741 4069
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Up DATE Co., Ltd. www.update-samui.com Call: 08 1893 4935

WORLD OF BEER **WORLD OF CIDER**

ERDINGER WEISSBIER (WHEAT BEER)
 Hefe Weissbier (With yeast)
 Hefe Weissbier Dunkel (Dark with yeast)

BITBURGER
 Bitburger Premium Pils

WARSTEINER BIER
 Warsteiner Premium Pils

WEIHENSTEPHANER WEISSBIER (WHEAT BEER)
 Weihenstephaner Hefe Weissbier (With yeast)
 Weihenstephaner Hefe Weissbier Dunkel (Dark with yeast)

Gaymers Cider - since 1770
 Natch Cider Original Strong Dry Cider
 Old English Cider since 1770 - Caskin - Dry Cider

English Blackthorn Cider 0.44 lit. Dry Cider
 Swedish Kappaberga Swedish Small Apple Cider Medium Sweet Pear Cider

Imported German - Austrian Spirits & Italian Wine - Grappa

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