



INTRODUCING HEALTHY LIVING PROGRAM at PARK HYATT HOTELS

To enhance your healthy lifestyle, Park Hyatt hotels have teamed up with renowned Brazilian nutritionist, Patricia Teixeira, to provide you quick, healthy options with this nutritional smoothie and juice menu.

With a background in Physiology and Sports Biochemistry, Teixeira has counseled and prescribed personalized diets for well-known international sports figures. For Park Hyatt hotels, she tailored the ingredients to target your needs, from suffering immune system to jet lag.

ANTIOXIDANT SMOOTHIE

25,00 TL

Banana, Soya Milk, Granola, Blueberries,
Ground Hazelnuts

THE DIETICIAN'S COMMENTS

The phytonutrients in blueberries offer great antioxidant properties and may protect the brain from oxidative stress. Blueberries were used to better night vision in pilots during World War II and act as a protective against varicose veins and peptic ulcers.

HEALTH SMOOTHIE

20,00 TL

Banana, Fresh Orange Juice, Strawberries, Mint
Leaves, Soya Milk, Ground Almonds

THE DIETICIAN'S COMMENTS

Apart from the great sweet taste of summer, strawberries offer support for optimal health due to the phytonutrient that gives the red colour in the skin of the berry. Strawberries tend to give us protection against inflammation and heart disease.

PARK HYATT ISTANBUL – MAÇKA PALAS

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THE BALANCE SMOOTHIE

20,00 TL

Banana, Orange Juice, Baby Spinach Leaves,
Cocoa Powder, Soya Milk, Ground Almonds

THE DIETICIAN'S COMMENTS

Banana is rich in the important electrolyte potassium. A diet rich in potassium seems to have a blood pressure lowering effect. Banana is also rich in the water soluble fiber pectins and acts to soothe the gastro intestinal tract. Pectins have a cholesterol lowering effect, too.

GOOD ENERGY JUICE

15,00 TL

Beetroot, Baby Spinach, Carrots, Red Apple,
Chopped Dill

THE DIETICIAN'S COMMENTS

This juice is rich in healthy vegetables and helps to balance your blood sugar, gives you great energy and helps to enhance your mood. Spinach helps detoxify hormones and beetroot supports digestion, which is important for absorbing nutrients.

DIGESTION JUICE

15,00 TL

Kiwi, Apple, Grapes, Pineapple

THE DIETICIAN'S COMMENTS

Kiwi and pineapple contain enzymes that will support digestion of food. The fibers from the apple will make your food travel slower through the digestive tract and therefore enhance the absorption of important nutrients.

DE-TOX JUICE

15,00 TL

Orange, White Grapes, Watermelon,
Mint Leaves

THE DIETICIAN'S COMMENTS

The ripe watermelon contains the amino acid citrulline, which helps detoxification of the diuretic pathways; orange contains vitamin C, bioflavonoid and essential fibers and provides a cholesterol lowering effect; grapes contain resveratrol and therefore reduce inflammation in the body; and mint leaves provide an exquisite fresh taste and further support the digestive function.

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IMMUNE SYSTEM JUICE

20,00 TL

Orange, Pineapple, Red Apple, Ginger

THE DIETICIAN'S COMMENTS

If you have a cold coming on or flu-like symptoms, this juice is just for you. Orange is rich in vitamin C; pineapple has an anti-inflammatory effect and is useful against swelling.

Furthermore the enzymes in pineapple work actively on mucus in the respiratory tract and will help clear your throat. And the effect from ginger benefits and supports your immune system so you can fight the cold better.

HEALTHY BODY JUICE

15,00 TL

Cucumber, Beetroot, Red Apple, Carrots

THE DIETICIAN'S COMMENTS

This fresh juice is rich in silica silis, which is known to support and strengthen the body's tissues, and for many years has been used to erase water tension; beetroot has been used for its medicinal purposes, where it supports the liver's detoxification properties; apple contains pectin, a fiber type that can absorb liquid and toxin; and carrots are rich in the antioxidant provitamin A. These important nutrients will help you to look good and feel great.

ANTI JET LAG JUICE

15,00 TL

Kale, Carrots, Apple, Salt, Pumpkinseeds

THE DIETICIAN'S COMMENTS

Kale supplies phytonutrients for effective hormone detoxification and provides a relaxing feeling. The carrots and the apple provide balanced blood sugar levels for a good night's sleep.

Pumpkinseeds are rich in the amino acid tryptophan, which is a precursor to melatonin, the body's sleep hormone.

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