

FOOD BOOK



Dear guests,

allow me to provide you with more information about the dining options at our Grand Buffet Sorrento Restaurant, offering a wide selection of international and Czech cuisine. The main emphasis is placed on the selection of the best quality raw ingredients from proven suppliers and the subsequent healthy and tasty preparation of all dishes offered.

If you have decided to enjoy dietary meals, we offer the option of individual consultations with

our dietary advisor, who is available to your questions every single day. For an individual meeting, please contact the restaurant staff.

For your better orientation around our varied menu, all dishes are labeled with detailed food information, so you can keep track of the basic principles of healthy eating that best suit your body.

Enjoy your meal,


David Zvára

Director of Food & Beverage Division

CARLSBAD PLAZA MEDICAL SPA & WELLNESS HOTEL 5★ SUPERIOR

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Labeling of food at the Grand Buffet Sorrento Restaurant



Overall healthy dish



BIO product or a product from a local farm or supplier



Method of preparation:

V — cooked

SV — sous-vide

D — steamed

S — fried

P — roasted

PS — poached

G — grilled

K — confit



Additional information such as origin, spiciness, etc.

Example: BIO Beef - prepared Sous-vide, a typical Czech recipe



Beef
Говядина





What to choose from our generous buffet table?



1 — Vegetables Raw vegetables should be part of every meal (a total of 5 servings of vitamin-fiber meals a day). Steamed or grilled vegetables should complement each serving of meat or fish.



2 — Meat, yes or no? Our selection should focus on the types of lean meat, prepared especially sous-vide, steamed or briefly grilled. Not fried. Smoked meats include the addition of saturated fatty acids and have an excessive amount of salt and preservatives. That is why smoked meats and sausages are not suggested.



3 — Legumes Great for our health! In combination with vegetables and spices we gain a wide selection for every day.

4 — Bread, pastry, side dishes We recommend that you choose darker breads with the addition of rye flour and seeds. A small serving of boiled potatoes, steamed rice or pasta may have their place on the plate.



5 — Cheeses We recommend that you choose fresh cheese, cottage cheese, curd and cottage cheese with active yogurt cultures, among the choice of our hard cheese we label the suitable types containing up to 30% fat in dry matter.

6 — Fruit It complements our tastes for sweet and juicy foods and it is also rich in all-important nutrients. Fresh fruit juice for breakfast in a small glass (100 ml) is a rich dose of vitamins to a successful start of a new day. Walnuts, almonds and seeds also diversify the list of super foods.



7 — Fats Irreplaceable omega-3 fatty acids in rapeseed oil, on which we prepare our food, helps protect our blood vessels.

Healthy, sparingly and varied



Regularity

Breakfast within 1 hour after waking up, a minimum break between meals of 2-3 hours, the last main meal, four hours before bedtime. Adapting the diet to your daily routine (such as night service, physical activity).

Balanced meals

Representation of a proper ratio of protein, complex carbohydrates, vegetables and small amounts of a suitable fat in your meals. Daily 2-3 main dishes, the largest of which should be a warm lunch consumed slowly and without stress. Limiting salt and sweeteners, including artificial.

Adequate fluid intake


The basis of life and the human body is water. Therefore, a sufficient daily intake of unsweetened fluids is essential. Limit your alcohol intake to a maximum of 1 unit per day (2dcl wine 0.5 liters of beer), and avoid regular consumption of hard alcohol.

Moderation and quality


You can choose from a wide selection - but always in small portions. Exclude instant meals and fried foods like fast food or packaged baguettes (this should be reserved for exceptional crisis situations when for operational reasons you are not able to consume quality food - max. 1x-2x per month). Read the composition of foods and avoid those that contain large amounts of thickeners, flavors and flavor enhancers.

Lenka Mrázová
Dietary Consultant

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