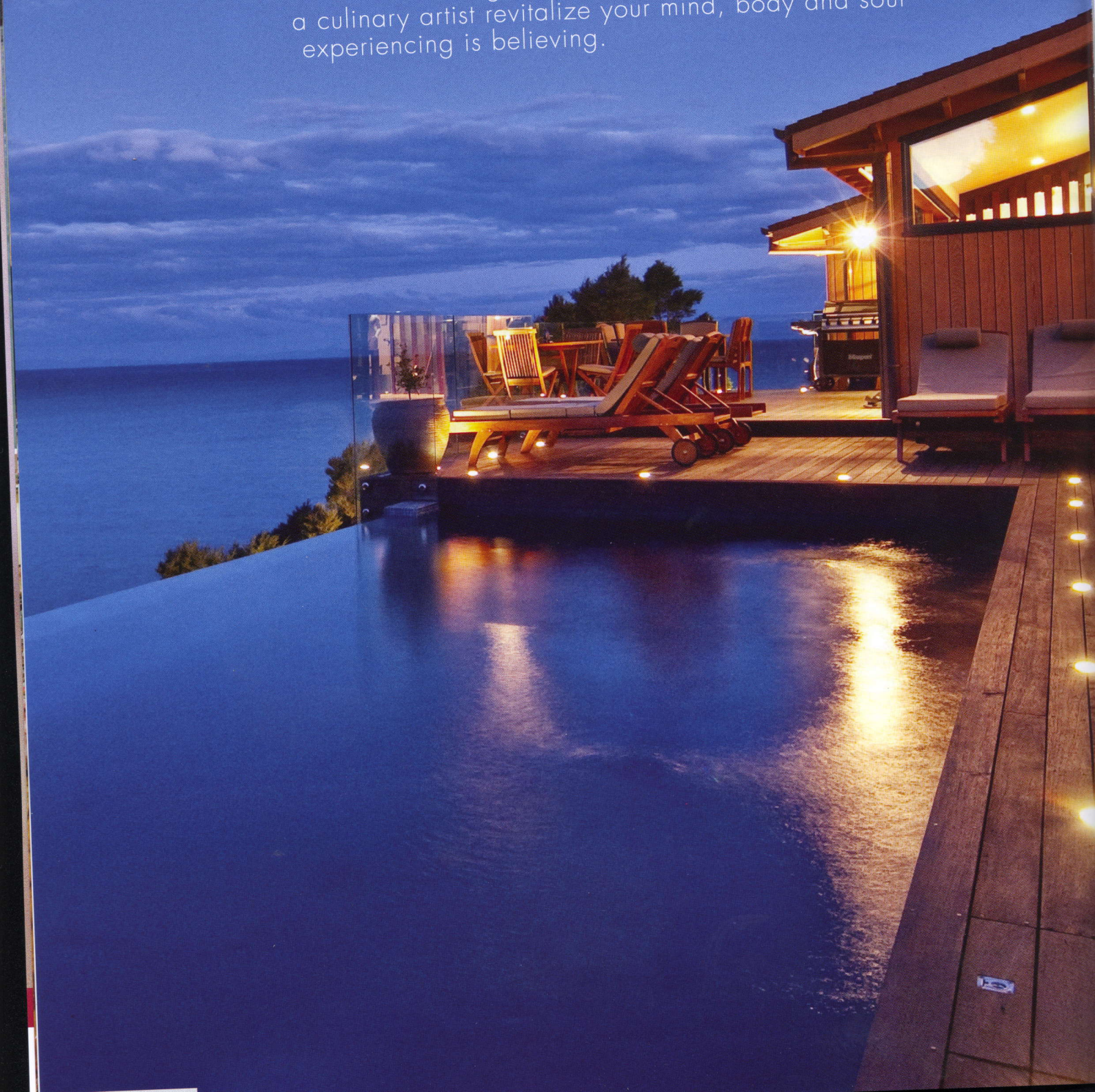




ABEL TASMAN

WELLNESS *Revitalised*

Thoughtful foods planned and prepared by
a culinary artist revitalize your mind, body and soul –
experiencing is believing.





SPLIT APPLE HIDEAWAY VILLA



EVERY DAY OUR BODIES ARE CONFRONTED BY ENVIRONMENTAL STRESS, both from how we live and work and from how and what we eat. Split Apple is a unique wellness retreat and hideaway in the sensational Abel Tasman, South Island setting where three exceptional meals a day are based on thoughtful food, beautifully presented and with every ingredient designed to promote wellness and longevity.

“Every carefully chosen ingredient is expertly prepared by a culinary artist and each is planned to guide you towards greater health and vitality.”

PERFECT FOR FOOD LOVERS

Harvest green-lip mussels, cockles and pipis from the rocks and shore just a short walk away. Then the retreat's culinary artist will prepare them in a gourmet dish. A great favourite with guests is Thai-style mussel soup, steamed with fresh herbs, garlic and shallots and then complemented with white wine.

The goal is to provide nutrients that ameliorate or even reverse the deleterious processes we face daily, that help control weight, and that provide more alertness and focus in the workplace so there are fewer sick days. Every carefully chosen ingredient is expertly prepared by a culinary artist and each is planned to guide you towards greater health and vitality. The style and variety of Split Apple's meals reflect the very best of regional ingredients in dishes guaranteed to enhance your experiences here, and often come with a chic Eastern touch, too.

The emphasis is on increasing enjoyment of cold-water fish, vegetables, nuts and fruits, especially such acknowledged super foods as wild salmon, blueberries, pomegranates and green tea. A delightful surprise is the recommendation of moderate daily amounts of dark chocolate (at least 70% cocoa solids), of coffee and of red wine – one or two glasses daily and a minimum of three glasses a week, no hardship when

you consider the wondrous reputation of New Zealand red wines. Optional, personalised wellness programmes prepared by a world-renowned health professional are also available by prior arrangement when booking.

The spectacular modern private hideaway villa with its amazing 1/4 mile golden-sanded beach (perfect for weddings) has its own chef who will tailor meals according to the wishes of the guests. Accommodating the South Beach diet, low fat, low carbs, or traditional gourmand tastes is not a problem!

But Split Apple is more than an inspirational wellness experience based on functional food and eating. It's designed to answer every longing for revitalising your body, mind and soul, making the most fervent wishes for relaxation and rejuvenation come true, in a setting you have to experience to believe.

Right on the borders of the South Island's famed Abel Tasman National Park, the sea and beachfront front retreat combines sleek >



COLD SMOKED SALMON SERVED WITH AN AVACADO SALSA



SPLIT APPLE THE FACTS:

Number of Rooms:
3 guestsuites &
1 x 3 guestsuite villa

Member of:
NAVIGATE OCEANIA

Awards:
SPLIT APPLE RETREAT
2010: FINALIST BEST
RESIDENTIAL ARCHITECTURE
AWARDS IN NEW ZEALAND
2010: BEST RESIDENTIAL
ARCHITECTURE IN NELSON
TASMAN REGION

SPLIT APPLE HIDEAWAY
2009: NEW ZEALAND
MASTER BUILDER AWARD OF
THE YEAR
2009: NEW ZEALAND
BATHROOM OF THE YEAR

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Japanese inspiration with the very best of professional hospitality and offers sensational accommodation. Each of the retreats three light-flooded guestsuites and the separate three-guestroom hideaway villa opens to gardens and decks with uninterrupted views to the island-dotted sea. Designed for truly hedonistic relaxation, the rooms are Wi-Fi and media savvy, and feature absolute top-of-the-line in-room entertainment with access to over 100 movies and over 1000 radio stations worldwide.

Split Apple also features an infinity pool, sauna, steam room, outdoor spa and gym, and 8-person theatre. Yoga, meditation, and cooking classes are available and private paths lead to a small-secluded bay or to a gorgeous golden-sanded beach.. You'll discover spectacular waterfront walks are close at hand.

It's hard to tear yourself away from Split Apple to discover the wild beauty of the Abel Tasman National Park. When you do water taxis will take you there directly. Kayaking, fishing, swimming with the seals, remote trips and walks accessed by helicopter, horse trekking, sky diving, sailing and much more are readily available; wine tasting tours and private guides are also available.

Split Apple is a wellness destination for the discerning that's almost beyond imagination. But experiencing is believing... □



Gourmet COLD SMOKED SALMON SERVED WITH AN AVOCADO SALSA

Thinly sliced smoked salmon on top of an avocado salsa with red onion, tomatoes, capsicum, and parsley with a lemon vinaigrette dressing.

Allow 160g of salmon fillet per person

INGREDIENTS

12 slices of cold smoked salmon
5 medium tomatoes, seeded and chopped
1 medium onion finely chopped
1 orange bell pepper, seeded and chopped
3 avocados, finely chopped
¼ cup of olive oil & vinegar dressing
1 tablespoon of parsley chopped
Salt and pepper to taste

PREPARATION

In a medium bowl, combine all ingredients except salmon and toss to coat and set aside

Place on a dish and mould to a square shape

Serve the salmon with a side salad which will off set the richness of salmon and I recommend the Sisters Single Vineyard Sauvignon Blanc or the Blackenbrook Pinot Gris.

Bon appétit!