



PROEFLOKAAL

WATERSLEY

KRACHT UIT AMBACHT

FOOD



PROEFLOKAAL

WATERSLEY

- We operate with one bill per table.
- Reservations? Yes, we'd love that! Please note: we only reserve indoor tables.
- Our products are made fresh daily, so some items may occasionally be unavailable.
- Allergies or dietary requirements? Please inform our staff.
- Watersley is a smoke-free environment, including the terrace of Proeflokaal.
- Wi-Fi network: Watersley-Guest (public).
- This menu was handmade in our social impact workshop.
- Opening hours:

Open 7 days a week, from 11:00 AM to 10:00 PM

The kitchen is open from 11:30 AM to 8:00 PM



WATERSLEY

Watersley is a unique collection and location. It is a community where sports take center stage. On the edge of the Limburg Hills, you'll find **the space to turn dreams into reality**. The Watersley Collection consists of the Sports & Talent Park, SEPHS Hotel, The Tower Sports Hostel, the Pumptrack, Yens Offices, and of course, Proeflokaal Watersley.

At the Proeflokaal, everything revolves around pure and local food, prepared with craftsmanship. Some of the ingredients come straight from the monastery garden, cared for by Porthos Watersley. This way, you can taste the best of what nature has to offer in every season. The Proeflokaal is located where the Franciscan kitchen once stood and today offers a beautiful view over the fields and monastery garden.

On the menu, you'll find both Burgundian Limburg dishes and nutritious options for athletes. These dishes are rich in proteins and carbohydrates, providing long-lasting energy and supporting better recovery. Together, we enjoy good food and an active lifestyle.



DISCOVER WATERSLEY

Visiting the Proeflokaal? Combine good food and drinks with either an active or relaxing experience in the park. Watersley offers unique activities for young and old. You'll find all the information about these activities at the SEPHS Hotel reception.



MINDWALK WATERSLEY

Unwind with a walk through Watersley featuring tasks that help you reflect on yourself and nature. Pick up your mindwalk booklet at the SEPHS Hotel reception.



NAVIGATION TRAIL

Follow a map to discover various points around the park. The map is available at the SEPHS Hotel reception.



E-BIKE VERHUUR

Explore the Limburg hills by bike. Rent an e-bike for €29.50 per day at the SEPHS Hotel reception.



GEOCACHE

Navigate via GPS (smartphone) to different locations in the park, solve riddles, and find the final coordinates.



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WATERSLEY

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LUNCH

from 11.30 – 16.30



ON BREAD

Carpaccio 13,5

White or multigrain sourdough bread, mixed lettuce, cucumber, red onion, truffle mayonnaise, capers, pine nuts, sun-dried tomatoes, arugula, balsamic syrup, Grana Padano cheese

Healthy 11,5

White or multigrain sourdough bread, Maaslander cheese, country ham, mixed lettuce, cucumber, tomato, red onion, boiled egg, mayonnaise cream

Pulled pork 13,0

Red cabbage salad, tomato, cucumber, arugula, red onion, BBQ sauce

Tuna Fish Wrap 11,5

Tunnbröd (Swedish flatbread), mixed lettuce, cucumber, red onion, sun-dried tomatoes, mustard-dill sauce, arugula, capers, Grana Padano cheese

Traditional Meat Croquettes 13,0

White or multigrain sourdough bread, mixed salad, mustard, mayonnaise

Oyster Mushroom Croquettes 13,0

White or multigrain sourdough bread, mixed salad, mustard, mayonnaise

Baked Brie 11,5

White or multigrain sourdough bread, honey, walnuts, strawberry, arugula, balsamic syrup

Grilled Vegetables 13,0

Hummus, sun-dried tomatoes, guacamole, arugula, balsamic syrup, Grana Padano cheese

DE MUI TE WAERD

De Muite Waerd 16,0

Tomato soup, traditional meat croquette on sourdough bread, oven-baked brie on sourdough bread with Limburg mustard

De Muite Waerd Vegetarian 16,0

Tomato soup, oyster mushroom croquette on sourdough bread, oven-baked brie on sourdough bread with Limburg mustard

SALADS

Carpaccio 17,5

Mixed lettuce, cucumber, red onion, truffle mayonnaise, sun-dried tomatoes, capers, pine nuts, Grana Padano cheese, balsamic syrup

Crispy Chicken 17,5

Mixed lettuce, cucumber, red onion, tomato, sriracha mayonnaise, sun-dried tomatoes, Grana Padano cheese

Poke Bowl 17,5

Sushi rice, rainbow of vegetables, wakame, ponzu dressing

Crispy Chicken

Scampi

Vegetarian

Buratta 17,5

Mixed lettuce, cucumber, strawberry, tomato, beetroot, balsamic syrup, Grana Padano cheese



Vegetarian





Sportproof



HOMEMADE SOUPS

Italian Tomato Soup   **8,0**
Crème fraîche, spring onion, served with sourdough bread and butter


Creamy Fennel Soup  **8,0**
Scampi, tarragon oil, apple, served with sourdough bread and butter

Soup of the Day  **8,0**
Served with sourdough bread and butter

ON THE SIDE

Fries **3,0**
Salad **4,5**
Break **2,0**



FOR THE YOUNGEST ATHLETES



Crispy Chicken Salad  **9,0**
Mixed lettuce, cucumber, red onion, tomato, sriracha mayonnaise, sun-dried tomatoes, Grana Padano cheese

Healthy Sandwich (small portion) **6,0**
Maaslander cheese, country ham, mixed lettuce, cucumber, tomato, red onion, boiled egg, mayonnaise cream

Frikandel or Croquette **7,5**
With fries, applesauce, and sauces

Ham & Cheese Toastie **7,5**
With salad, mayonnaise, and ketchup

Poke bowl   (small portion) **9,0**
Vegetarian, sushi rice, rainbow of vegetables, wakame, ponzu dressing

Grilled Vegetable Sandwich   (small portion) **7,0**
Hummus, sun-dried tomatoes, guacamole, arugula, balsamic syrup, Grana Padano cheese



Vegetarian



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SOMETHING TO SNACK ON

Artisanal Bitterballen 10,0
9 pieces, with mayonnaise and mustard

Deluxe Snack Mix 11,5
Mini spring rolls, torpedo shrimp, calamari rings, cheese croquettes, chili sauce, aioli, curry sauce

Mini Snacks 10,0
10 pieces, with mayonnaise, mustard, and curry sauce

Proeflokaal Bread Board 7,5
With herb butter, aioli, and pesto



MINDWALK WATERSLEY

Unwind with a walk through Watersley featuring tasks that help you reflect on yourself and nature. Pick up your mindwalk booklet at the SEPHS Hotel reception.

SOMETHING SWEET

Panna cotta 8,5
With raspberry and white chocolate sauce

Cheesecake 8,5
With lemon curd and Amarena cherries

Crema catalana 8,0
With orange, cinnamon, and vanilla ice cream

Coupe dame noire 8,0
Chocolate ice cream, vanilla ice cream, vanilla sauce, and whipped cream

Strawberry Sundae 8,5
Vanilla ice cream, strawberry sauce, and whipped cream

Nut Sundae 8,0
Caramel ice cream, caramelized nuts, caramel sauce, and whipped cream

Limburgse vlaai 4,0
Traditional pie from Limburg

Luxe Limburgse vlaai 5,0
Traditional pie from Limburg deluxe



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DINNER

from 16.30 - 20.00



MENU PROEFLOKAAL

31,50

Champignons a la escargot

Chestnut mushrooms in garlic herb cream

Cheese Croquettes

With salad garnish, cucumber, red onion, tomato, and remoulade sauce

Italian Tomato Soup

Crème fraîche, spring onion, served with sourdough bread and herb butter

Sirloin Steak (200g)

With your choice of sauce: mushroom, red wine, or pepper

Salmon Fillet

Pan-seared with the skin on, served with a beurre blanc sauce

Indonesian Vegetable Curry

With cashew nuts, served with fries or flatbread

Cheesecake

With lemon curd and Amarena cherries

Coupe dame blanche

Vanilla ice cream, chocolate sauce, and whipped cream

Sweet coffee

Coffee with a liqueur of your choice



TO START WITH

Burrata 13,5
Serrano ham, beetroot, arugula, strawberry, balsamic syrup

Carpaccio 13,5
With mixed lettuce, truffle mayonnaise, capers, pine nuts, sun-dried tomato, Grana Padano cheese, balsamic syrup

Bruschetta Serrano
Toasted bread with garlic, Serrano ham, arugula, and Grana Padano cheese 13,5


Bruschetta Pomodoro   7,5
Toasted bread with garlic, tomato, olive oil, and Grana Padano cheese


Champignons à la Escargot  9,5
Chestnut mushrooms in garlic herb cream

Cheese Croquettes   12,5
With salad garnish, cucumber, red onion, tomato, served with remoulade sauce

HOMEMADE SOUPS


Italian Tomato Soup   8,0
Crème fraîche, spring onion, served with sourdough bread and butter

Creamy Fennel Soup  8,0
Scampi, tarragon oil, apple, served with sourdough bread and butter

Soup of the Day  8,0
Served with sourdough bread and butter



SALADS

Carpaccio 17,5
Mixed lettuce, cucumber, red onion, truffle mayonnaise, sun-dried tomatoes, capers, pine nuts, Grana Padano cheese, balsamic syrup

Crispy Chicken  17,5
Mixed lettuce, cucumber, red onion, tomato, sriracha mayonnaise, sun-dried tomatoes, Grana Padano cheese

Poke Bowl  17,5
Sushi rice, rainbow of vegetables, wakame, ponzu dressing

Crispy Chicken
Scampi
Vegetarian 

Burrata   17,5
Mixed lettuce, cucumber, strawberry, tomato, beetroot, balsamic syrup, Grana Padano cheese



Vegetarian



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MAIN COURSES

Franciscan Veal Stew 21,5
Slow-cooked veal stew prepared with table beer

Sirloin Steak (200g) 23,0
Served with your choice of sauce: mushroom, red wine, or pepper



Guinea Fowl  23,0
Suprême with tarragon sauce

Chicken Satay 19,5
Peanut sauce, prawn crackers, atjar (pickled vegetables), fried onions

Salmon Fillet 23,0
Pan-seared with the skin on, served with a beurre blanc sauce

Cod Fillet 23,0
Oven-baked with a miso sauce


Indonesian Vegetable Curry   19,5
With cashew nuts, served with fries or flatbread

Cannelloni   18,5
Stuffed with ricotta and spinach, baked in tomato sauce and gratinated with cheese

ON THE SIDE



Fries 3,0
Salad 4,5
Bread 2,0



FOR THE YOUNGEST ATHLETES

Crispy Chicken Salad  9,0
Mixed lettuce, cucumber, red onion, tomato, sriracha mayonnaise, sun-dried tomatoes, Grana Padano cheese

Frikandel or Croquette 7,5
With fries, applesauce, and sauces

Ham & Cheese Toastie 7,5
With salad, mayonnaise, and ketchup

Poke bowl   (small portion) 9,0
Vegetarian, sushi rice, rainbow of vegetables, wakame, ponzu dressing

Cannelloni   (small portion) 9,5
Stuffed with ricotta and spinach, baked in tomato sauce and gratinated with cheese



Vegetarian



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SOMETHING TO SNACK ON

Artisanal Bitterballen

9 pieces, with mayonnaise and mustard

10,0

Deluxe Snack Mix

Mini spring rolls, torpedo shrimp, calamari rings, cheese croquettes, chili sauce, aioli, curry sauce

11,5

Mini Snacks

10 pieces, with mayonnaise, mustard, and curry sauce

10,0

Proeflokaal Bread Board

With herb butter, aioli, and pesto

7,5

SOMETHING SWEET

Panna cotta

With raspberry and white chocolate sauce

8,5

Cheesecake

With lemon curd and Amarena cherries

8,5

Crema catalana

With orange, cinnamon, and vanilla ice cream

8,0

Coupe dame noire

Chocolate ice cream, vanilla ice cream, vanilla sauce, and whipped cream

8,0

Strawberry Sundae

Vanilla ice cream, strawberry sauce, and whipped cream

8,5

Nut Sundae

Caramel ice cream, caramelized nuts, caramel sauce, and whipped cream

8,0



Vegetarian



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