



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. During the walk you will get tasks that help you reflect on yourself and nature.



NAVIGATION TRAIL

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



ESCAPE TRAIL

The experience of an Escape Room but outdoors! You have exactly 2 hours to unravel the mystery of Watersley. Navigate across the entire park, solve puzzles, and combine clues to find the hidden safe. Crack the code before time runs out!



E-BIKE VERHUUR

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



PROEFLOKAAL

WATERSLEY

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LUNCH

from 11.30 - 16.30



ON BREAD

Carpaccio 14,5

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

Flatbread tuna melt 14,5

tuna salad, cheddar, arugula, sun-dried tomatoes, dill dressing, red onion

Flatbread goat cheese 14,5

goat cheese, arugula, blackberries, walnuts, honey, and fig chutney

Flatbread grilled vegetables 14,5

grilled vegetables, hummus, sun-dried tomatoes, guacamole, arugula, balsamic syrup, Grana Padano cheese

DE MUIE WAERD

our artisanal lunch platter

De Muite Waerd · Classic 16,5

tomato soup, croquette on sourdough bread, oven baked brie on sourdough bread with Limburg mustard.

De Muite Waerd · Vegetarisch 16,5

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

WARM LUNCH MEALS

Pork tenderloin satay 22,5

peanut sauce, prawn crackers, atjar, fried onions, served with salad and fries

Limburgs zuurvlees 22,5

stewed beef prepared in the traditional Limburg style with salad and fries

Indonesian vegetable curry 22,5

cashew nuts, served with fries, or flatbread

Penne all'arrabiata 19,5

with burrata, served with bread



HOMEMADE SOUPS

Italian tomato soup   **8,95**
crème fraîche, spring onion, served with bread and butter


Soup of the day **8,95**
served with bread and butter

ON THE SIDE

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

SALADS

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

Crispy chicken  **17,5**
mixed lettuce, cucumber, red onion, tomato, sriracha mayonnaise, sun-dried tomatoes, Grana Padano cheese

FOR THE YOUNGEST ATHLETES

available for children up to 11 years old

Frikandel **7,5**
with fries, applesauce, and sauces

Kroket **7,5**
with fries, applesauce, and sauces



SOMETHING SWEET

Cheesecake

lemon curd and Amarena cherries

9,5

Layered spice cake

pandan with pineapple and mango sorbet

9,5

Proeflokaal trifle

surprising layered dessert

10,5

Coupe nuts

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

9,5

Coupe Dame blanche

vanilla ice cream, chocolate sauce, whipped cream

9,5

Limburgse pie

while supplies last

4,0

Luxe Limburgse vlaai

while supplies last

5,0

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, curry sauce

10,0

Bread platter Proeflokaal

herb butter, aioli, and pesto

7,5



MINDWALK WATERSLEY

Unwind with a walk through Watersley. During your walk you will get tasks that help you reflect on yourself and nature.

Get your mindwalk at the SEPHS Hotel reception.



Vegetarisch



Sportproof



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WATERSLEY

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DINER

van 16.30 - 20.00



MENU PROEFLOKAAL

45,-

Beef carpaccio

truffle cream | Parmesan

or

Salmon crudo

citrus fruit | salty fingers | jalapeño pepper

Teres Major Steak

seasonal vegetables | red wine jus

or

Salmon filet

pan-seared | dashi beurre blanc

Surprise dessert

seasonal

or

Dame blanche

vanilla ice cream | chocolate sauce



TO START WITH

Burrata Salad  
fig compote, fennel, hazelnut

14,5

Beef Carpaccio
truffle mayonnaise, capers, pine nuts, mixed lettuce,
sun-dried tomatoes, Grana Padano cheese, balsamico

18,5

Salmon crudo 
citrus fruit, salty fingers, jalapeno pepper

18,5

Champignons a la escargot  
chestnut mushrooms in garlic herb cream

9,95

HOMEMADE SOUPS

Italian tomato soup  
crème fraîche, spring onion, served with bread and
herb butter

7,5

Soup of the day 
served with bread and herb butter

7,5



E-BIKE VERHUUR

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



MAIN COURSES

Limburgs zuurvlees 22,5
stewed beef prepared in the traditional Limburg style with salad and fries

Livar tenderloins 22,5
Limburg monastery pork, seasonal vegetables, mustard thyme sauce

Teres Major Steak  28,5
seasonal vegetables, sauce of your choice: mushroom | red wine | pepper

Pappardelle  19,5
braised short ribs, cheese espuma

Fish of the day  **Market price**
served with complementary garnish and sauce

Salmon filet  25,5
pan-seared, beurre blanc sauce

Indonesian vegetable curry   22,5
cashew nuts, served with fries or flatbread

Pasta arrabiata   19,5
mildly spicy tomato sauce, burrata

FOR THE YOUNGEST ATHLETES

available for children up to 11 years old

Frikandel 7,5
with fries, applesauce, and sauces

Kroket 7,5
with fries, applesauce, and sauces

ON THE SIDE

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



SOMETHING SWEET

Cheesecake

lemon curd, Amarena cherries

Layered spice cake

pandan, pineapple and mango sorbet

Proeflokaal trifle

surprising layered dessert

Coupe Dame blanche

vanilla ice cream, chocolate sauce, whipped cream

Coupe nuts

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

SOMETHING TO SNACK ON

9,5

Artisanal Bitterballen

9 pieces, with mayonnaise and mustard

10,0

9,5

Deluxe Snack Mix

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

11,5

10,5

Mini Snacks

10 pieces, with mayonnaise, mustard, and curry sauce

10,0

9,5

Bread platter Proeflokaal

herb butter, aioli, and pesto

7,5

9,5

