

flowing & glowing

Sample Retreat Menu

Plant based delicious & nutritious meals

Meals are cooked with locally sourced produce where possible and menus chosen to compliment the season.

Brunch

Beauty Green smoothie

Vibrant Pink Smoothie

Overnight Bircha with nuts and seeds

Seasonal fresh fruit

Avo on Toast

Light Lunch (on day of departure)

Quinoa & sweet potato Fritters with Green Salad & hummous

Warm Quinoa Stew

Pizza with veggie toppings, with green salad

Supper

Some evenings will be starter and main, and other evenings, main and dessert.

Fennel and Tomato soup

Beetroot soup with coconut cream

Creamy Mushroom and leek pie, with seasonal greens

Sri Lankan sweet potato and spinach curry

Cauliflower and Red Lentil Dhal with rice

Green vegetable risotto

Desserts

Chocolate Mousse & shortbread

Lemon Tart with Lemon Glaze & Berry Compote

Chocolate Fudge Torte with Chocolate sauce

Seasonal berry crumble & ice cream (non dairy)

Afternoon Tea

Homemade cake with choice of teas

Hot Chocolate or Turmeric Latte