



RETREATS SAMPLE MENU*

SUNDAY

Lunch

Chilled Tomato Soup
Octopus, Broad Beans, Pea Shoots, Artichokes
Quinoa, Garden Beetroots, Feta, Sunflower Seeds

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A.L.T – Avocado, Lettuce, Tomato, Seeded Bread Sandwich
Salmon, Green Couscous, Cucumber, Yoghurt
Grilled Chicken, Spring Vegetables

Dinner

Spinach Ricotta Gnudi, Tomato, Basil
Crab, Fennel, Chili, Sorrel
Raw Beef, Broad Beans, Shoots

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Asparagus Spelt Risotto, Mint, Crème Fraiche
Sea Bream, Crunchy Slaw, Coriander, Lime Dressing
Veal, Prosciutto, Garden Peas, Marjoram
All served with Garden Chard, Lentils, Garden Leaf Herb Salad, Pesto Potatoes

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Raspberry, Chocolate and Pomegranate Tart
Lemon Sorbet



MONDAY

Breakfast

Berries, Natural Yoghurt
Chia Seed, Blueberry, Maple Pot
Fruit Salad
Gluten Free Choc Chip Muffin
Seed, Date Bar

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Avocado, Basil and Poached Egg, Rye Toast
Smoked Salmon, Asparagus, Boiled Eggs

Lunch

Grilled Squid, Celery, Chickpeas, Chili
Buffalo Mozzarella, Prosciutto, Melon

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Wild Rice, Avocado, Pea Shoots, Ricotta
Wood Roast Salmon, Freekha, Fennel, Dill
Flattened Chicken, Heritage Tomatoes, Rocket

Dinner

Wild Seabass Carpaccio, Fennel, Garden Rocket
Marinated Mozzarella, Tomato, Marjoram
Prosciutto, Melon

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Grass Fed Beef, Kale, Garden Chard, Portobello Mushrooms, Nutty Quinoa
Sea Trout, Watercress, Peas, Potatoes
Sprouting Broccoli, Lentils, Sweet Potato, Halloumi

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Organic Chocolate Brownie with Almond Ice Cream
Lime Sorbet



TUESDAY

Breakfast

Yoghurt, Blueberry, Granola Pots
Bircher Muesli, Seeds, Pomegranate
Fruit Salad
Gluten Free Garden Berry Muffin
Baked Pastries

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Heritage Tomatoes, Crispy Bacon, Poached Egg
Smoked Salmon, Sweet Corn Pancakes, Avocado

Lunch

Cup of Pea Soup
Salmon Tartare, Garden Rocket, Lemon
Asparagus, Poached Egg, Wild Garlic, Watercress

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Red Lentil, Avocado, Bean burger
Grilled Mackerel, Wild Rice, Asparagus
Marinated Rump, Raw Carrots, Beetroots, Herbs