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# RETREATS SAMPLE MENU\*

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## 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



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## 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



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## 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