



## RETREAT MENU 5<sup>th</sup> – 8<sup>th</sup> April 24

### Ayurvedic, Gluten free, & low oxylate

Most menu items are made with gluten free ingredients, and most are low oxylate. Where they are not an alternative can be provided.

Fresh fruit bowl available throughout the weekend.

### Friday 5<sup>th</sup> April

**4.30pm** – Energy balls – Spiced pecan & ashwagandha / Oat, lemon & ginger

#### **7.30pm Dinner**

- Cauliflower pakora with tamarind raita
- Thali – Chana masala, tarka dhal, saag aloo, pilau rice, popadom & chutneys
- Pistachio barfi

### Saturday 6<sup>th</sup> April

#### **10.30am Brunch**

- Blueberry gluten free breakfast cookies
- Cinnamon porridge with fresh figs and pumpkin seeds
- Blue corn tacos, pea'a'mole, pulled king oyster mushrooms, kale with cumin & brahmi, and pico de gallo.

**3.30pm** – **Gluten free seed bread, cashew cheese and rhubarb chutney.**

#### **7.30 - Dinner**

- Caramelised carrot and liquorice root soup
- 5 bean chilli, corn bread, arroz verde, curtido, salsa rojo
- Crème caramel

### Sunday 7<sup>th</sup> April

#### **10.30 am Brunch**

- Matcha gluten free breakfast cookies
- Miso oatmeal with kale and avocado
- Furikake baked ricecake with lions mane 'steak', roast squash & watercress salad

**3,30pm** – **Pesto scones with olive tapenade & sundried tomatoes**

#### **7.30pm Dinner**

- Purple cabbage and dill soup
- Layered chestnut & lentil loaf, garlic and rosemary new potatoes, roast parsnips, balsamic mushrooms, spring greens and gravy.
- Saffron and cardamom rice pudding with pistachio brittle

### Monday 8<sup>th</sup> April

#### **10am Brunch**

- Apple and cinnamon gluten free breakfast cookies
- Spiced baked grapefruit
- Sweetcorn fritters, Smokey beans, flat mushroom, kale crisps & avocado.