



RETREAT MENU 8th – 11th July 2022

Friday 8th July

4.30pm – Energy balls – Hazelnut mocha /Berry Bliss

7.30pm Dinner

- Sharing sushi platter
- Smoked tofu & shitake ramen
- Matcha Cheesecake

Saturday 9th July

9.30am Breakfast

- Homemade granola, coconut yoghurt (coconut collaborative) Fruit – fresh & stewed,
homemade spirulina sourdough, cinnamon rolls, naturli spread, fresh fruit.

Takeaway lunch (Compostable bowl & wooden cutlery)

- Buddha bowl - marinated tempeh, avocado, sweet potato, sauerkraut, beetroot hummus, quinoa & toasted seeds
- Fresh fruit

4.30pm – **Chocolate & ginger brownie** (our recipe includes bananas, apple sauce & dates)

7.30 - Dinner

- Thali – Chana masala, dhal, sag aloo, chapatti, jeera rice, homemade mango chutney, beetroot chutney, raita (served on traditional stainless steel thali plates)
- Coconut rice pudding with fresh mango & mango coulis

Sunday 10th July

10.30 am Brunch

- Homemade granola, coconut yoghurt, Fruit – fresh & stewed,
homemade charcoal sourdough, naturli spread, fresh fruit.
- Breakfast burritos with tempeh, fried potato, beans, avocado, mushroom and shredded white cabbage

4,30pm Afternoon treat – **Courgette cake with lemon drizzle**

7.30pm Dinner

- Beetroot and cashew roulade, roast potatoes, Yorkshire pudding,
3 seasonal veg & gravy
- Fresh berry Eaton mess

Monday 11th July

10am Brunch

- Homemade granola, coconut yoghurt, Fruit – fresh & stewed,
homemade spirulina sourdough, naturli spread, fresh fruit.
- Open English muffin with Portobello mushroom, charred fennel, spinach and cheese sauce