



MENU

Our plant-based meals are fresh home made cooked with gluten-free* ingredients. Organic when is available.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7am to 8am	<ul style="list-style-type: none"> - Porridge - Toast (butter, marmite, jam) - Granola - Fresh Fruits 	<ul style="list-style-type: none"> - Porridge - Toast (butter, marmite, jam) - Granola - Fresh Fruits 	<ul style="list-style-type: none"> - Porridge - Toast (butter, marmite, jam) - Granola - Fresh Fruits 	<ul style="list-style-type: none"> - Porridge - Toast (butter, marmite, jam) - Granola - Fresh Fruits 	<ul style="list-style-type: none"> - Porridge - Toast (butter, marmite, jam) - Granola - Fresh Fruits
MORNING SNACK 9:30 AM	<ul style="list-style-type: none"> - Fresh Fruit - Yogurt 	<ul style="list-style-type: none"> - Fresh Fruit - Yogurt 	<ul style="list-style-type: none"> - Fresh Fruit - Yogurt 	<ul style="list-style-type: none"> - Fresh Fruit - Yogurt 	<ul style="list-style-type: none"> - Fresh Fruit - Yogurt
LUNCH 12:00 PM	<ul style="list-style-type: none"> - Salad - Lentils Bolognese Pasta - Vegan cheese - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Rice + Quinoa - Lentils - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Vegetable Risotto - Vegan Cheese - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Rice + Quinoa - Chickpea Curry - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Humous - Veggie Sticks - Rainbow Rice - Vegetables (roasted, steamed or boiled)
AFTERNOON SNACK 2:00 PM	<ul style="list-style-type: none"> - Fresh Fruit - Rice cakes 	<ul style="list-style-type: none"> - Fresh Fruit - Oat cakes 	<ul style="list-style-type: none"> - Fresh Fruit - Bread Sticks 	<ul style="list-style-type: none"> - Fresh Fruit - Popcorn 	<ul style="list-style-type: none"> - Fresh Fruit - Rice Cakes
DINNER 5:00PM	<ul style="list-style-type: none"> - Salad - Rice + Spinach - Beans - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Mashed Potato - Veggie Nuggets - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Pesto Pasta - Vegan Cheese - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Vegetable Soup - Garlic Bread - Seasonal Vegetables (roasted, steamed or boiled) 	<ul style="list-style-type: none"> - Salad - Cauliflower Cheese Pasta - Seasonal Vegetables (roasted, steamed or boiled)
Drinks	Plant-Based Milk or Fresh Water are available during the day.				

- Salads: Every day will be available at lunch and dinner raw salad. Example: tomatos, cucumber, carrots, green leaves, coleslaw, etc.
- Seasonal Vegetables: Example: cauliflower, green beans, corn, spinach, zucchini, aubergine, beetroot, carrots, asparagus, brussels sprouts, cabbage, parsnip, pumpkin, etc.
- All meals are low in salt and sugar, extra virgin coconut oil and extra virgin olive oil are used in the preparations, we also use onions, garlic, parsley and spices like turmeric, cumin, paprika, etc.

*not suitable for people with coeliac disease / a wheat allergy. Please contact us for more details.