



# GoddeSS

## GLOW MENU

### FRIDAY

#### **BUTTERNUT SQUAH SOUP**

Roasted Butternut Squash, Tomato & Garlic Soup with Sourdough Croutons

#### **EPIC SUMMER SALAD**

Fresh Salad Leaves, Black Beans Tomatoes, Mango and Radishes

#### **HOMEMADE HOUMOUS**

Creamy, satisfying and packed with plant-based protein

### SATURDAY

#### **GODDESS GREEN SMOOTHIE**

Delisous green smoothie with seamoss for energy and radiance

#### **SCRAMBLED TOFU**

Scrambled Tofu with Avocado, Kimchi & Sprouts on Toasted Sourdough

#### **SPIRALISED COURGETTE SALAD**

Spiralised Courgette Salad with Pomegranate & Orange Suace

#### **GOLDEN GODDESS CURRY**

Chickpea Curry, Dahl, Popidoms & Chutney with fluffy Coconut Rice

## SUNDAY

### BERRYLICIOUS SMOOTHIE

Triple Berry Smoothie with  
Beautifying Superfoods

### HOT MAMA PORRIDGE

Delicious Hot Mama Quinoa  
Porridge with Almond Butter

## DESERTS

### HOMEMADE RAW BROWNIES

Homemade brownies, raw cacao,  
white mulberries and goji

### PLANT-BASED 'CHEESE CAKE'

Delicious 'cheese cake'  
sweetened with fresh dates

### FRESH FRUIT BOWLS

An abundance of fresh, local,  
organuc pridduce over the retreat

*\*We cater for special diets inc.  
gluten-free, garlic & onion free.*

