

RETREAT MENU

GOODNESS BOWLS £12

SERVED IN BIODEGRADABLE SALAD BOWLS WITH CUTLERY & NAPKIN

GREEN GODDESS GF

Green Lentils | Chopped Kale & Spinach | Chargrilled Broccoli |
Mint & Chilli Peas | Toasted Seeds | Avocado | Zesty Green
Goddess Dressing|

ORZO SALAD

|char grilled Broccoli | Green Beans | Pesto | Heritage Tomatoes
| Orzo Pasta |Rocket |Mozzarella| Lemon& Basil Butterbeans|

ANCIENT GRAINS GF

Quinoa | Roasted Sweet Potato | Black Bean|Roasted Peppers |
Avocado | Chilli & Lime Corn |Blue Corn Crisps | Chimmi Churri
Dressing

SUSHI BOWL

Sushi Rice | Cucumber | Avocado | Wasabi Aioli | Seaweed |
Edamame |Nori Sheets | Sesame | Gem | Peppers | Cucumber
|Spring Onion|

BUDDHA BOWL GF

Rice Noodles | Edamame Beans | Sticky Miso Sesame
Mushroom | Tender stem Broccoli | Carrot |Cucumber |Lettuce
|Pickled Radish| Fragrant Herbs | Peanut Dressing

BOMBAY BOWL

Spiced Chickpeas| Cucumber| Tomatoes | Radish | Peppers |
Pomegranate |
Poppadom | Mint Yoghurt | Bombay Potato Salad | Bombay Mix

TURKISH DELIGHT

Bulgur Wheat | Beetroot Hummus | Saffron Aioli | Chopped
Greens | Cucumber | Tomato | Olives| Peppers | Feta |
Pomegranate |Dukkha | Pita

SAVOY CAESAR BOWL

Marinated Savoy Cabbage |Gem Lettuce | Avocado | Garlic
Croutons | Boiled Egg | Anchovies | Parmesan

PICK YOUR DESSERT £3

Banana Bread Muffins GF
Coconut Chia Pots Mango & Pineapple Salad GF
Tofu & Chai Chocolate Mousse GF
Apple & Raisin Baked Oat Bar
Carrot Cake Baked Oat Bar
Cherry & Almond Baked Oat Bar
Greek Yoghurt, Berries & Granola
Fruit Salad

ADD EXTRA PROTIEIN £6

Panko Crusted Chicken
Grilled Herby Chicken
Teriyaki Grilled Salmon
Spicy Sushi Salmon
Flame Grilled Steak Slices
Crispy Bacon & Chicken
Vegan Crispy Tofu
Vegan Quorn Chix Strips

PICK YOUR DRINK

FRESH JUICE £3

Get your Greens | Vitamin C Hit | Up Beet

TRADITIONAL HOMEMADE LEMONADE £3

CBD TRIP CAN £3.50

Peach & Ginger | Lemon Basil | Elderflower Mint

CAWSTON PRESS CANS £2.50

Elderflower Lemonade | Sparkling Rhubarb

NEW FOREST WATER £2

Still | Sparkling

