



### **Sample retreat menu**

**Green juice:** celery, lime, mint, cucumber & green apple OR

**Green smoothie:** banana, spinach, frozen mango, coconut milk

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Coconut & mango chia & oat pots

### **Soups**

- Spiced red curry pumpkin soup with coriander, chilli and toasted pumpkin seeds
- Mexican charred sweetcorn soup with lime & coriander
- Super green soup (broccoli, pea, leek, kale, spinach, fennel & celery) with toasted sunflower seeds
- Moroccan chickpea, tomato & spinach soup with coriander & lemon oil

### **Bread**

Seed & nut bread or sourdough

### **Salads**

- Maple & chilli roasted pumpkin with quinoa tabbouleh
- Charred courgette with edamame, pea shoots, feta, pumpkin seed and lemon & mint dressing
- Miso roasted sprouts with spinach, coriander and lime, sesame & soy dressing
- Kale Caesar with crispy chickpeas & garlic croutons
- Roasted cauliflower and quinoa salad with green tahini dressing and pickled red onion
- Wild rice, sugar snap and asparagus with mustard dressing and hazelnuts
- Freekah, slow roasted tomatoes, feta, green beans, olives with herb & lemon dressing

### **Other**

- Miso, brown rice & broccoli balls
- Spiced chickpea balls
- Rainbow rice paper rolls with sesame dipping sauce

### **Sweet**

- Coconut caramel cashew bliss balls
- Miso caramel blondies
- Almond butter, coconut and chocolate energy balls