**Elysium Getaways – March 2025 Mystical Wellness weekend in Barmouth**

**Menu Options – Please select one / add comments as required.**

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| **Friday 28th March** | | **Select / tick / comment** |
| On arrival | Welcome drinks and Cake/Biscuits |  |
| Evening Meal | Eating out at a local pub restaurant  (Includes a main meal plus one drink) |  |
| Supper | Tea, Toast and Jam  Hot chocolate, Marshmallows & Cream |  |
| **Saturday 29th March** | | **Select / tick / comment** |
| Continental Breakfast Buffet | * Pastries such as croissant * Toast & Condiments * Fresh Fruit * Cereal, Granola & Yoghurt |  |
| You are welcome to cook eggs to add to your breakfast. |  |
| Mid-morning tea break | Tea, Coffee & Biscuits |  |
| Lunch Buffet | * Vegetable Soup & Crusty Bread   Make your own Sandwiches   * (Ham / Salami / Cheese / Tuna / Salad / Egg Mayo fillings available) |  |
| Afternoon Tea | Tea, Coffee and Cake / Biscuits |  |
| Evening Meal | Eating out at a local pub restaurant  (Includes a main meal plus one drink) |  |
| Supper | Tea, Toast and Jam  Hot chocolate, Marshmallows & Cream |  |

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| **Sunday 30th March** | | **Select / tick / comment** |
| Continental Breakfast | * Pastries such as croissant * Toast & Condiments * Fresh Fruit   Cereal, Granola & Yoghurt  Optional – make your own eggs. |  |
| Midmorning Tea break | Tea, Coffee, Cake and Biscuits |  |
| Final Lunch | * Pizza * Pasta & Pesto * Salad * Any remaining sandwich fillers / eggs. |  |

**Drinks selection** – Please bring a water bottle with you to refill.

There will be a selection of teas, coffee and hot chocolate. Milk plus a vegan milk option if required.

Snacks – there will be plenty of biscuits available but do bring your favourite snacks with you.

**Catering to dietary requirements**

* Whilst we have done our best to create a simple and healthy menu to suit all dietary needs and time restrictions, we understand that people may have concerns.
* Please do give us plenty of notice if you have ANY allergies, ANY dietary issues and ANY health issues.
* Evening meals will be out at a local pub restaurant. This is to ensure that we have a wide selection of foods available to suit your requirements (plus it’s fun and allows us to spend quality time together).
* Cooking - you are welcome to help us prepare the food (family style) and to bring ingredients to add to the menu.

**Health & Safety**

* You remain responsible for your own choices, health and safety over the event.
* Please ensure you have made us aware via phone, email or whatsapp of any issues or concerns that you have and allow us to time to support you with reasonable adjustments.
* We will do our best to ensure we have a varied menu to cater to meat lovers, vegans and vegetarians.
* If you do cook at the event, please be sure to observe hygiene and health & safety practices.
* Please do respect others and their choices at this event.
* Please do listen to your body and take as much rest as you need.
* Julia and Nicky are both available to support you during the stay and will be available via whatsapp chat for any private conversations.

If you do not make menu selections or comments, we will understand this to be an acceptance of the menu and terms.

Please note all food will be pre-ordered and delivered fresh to the location, we will not be able to make major changes to the menu during the retreat but can adapt with the ingredients that we have available.