

Retreat Packages

We can design bespoke menus and packages around the seasons and the specific preferences of your group. Whether you would like to be plant-based, keto, paleo or gluten and dairy free, our food is organic, local and seasonal where possible and prepared and served with love.

Organic Full breakfast, morning and afternoon snack, one course lunch, 2 course dinner	£55 per head per day 10 + people
Organic Lunch, 2 course dinner, afternoon snack and a breakfast set up and left over night	£45 per head per day 10+ people
Organic Soup and bread and salad for lunch, afternoon cake One course dinner with fruit	£35 per head per day 10+ people

Menu suggestions

The suggestions below are a guide, we can offer further ideas based on getting a sense of the dietary style and preference for your retreat and the time of year so we can work from what is seasonal and available to forage.

- **Breakfast**

Almond and cinnamon soaked chia seeds topped with coconut yoghurt and berries or Bircher muesli with poached pears

Shakshuka – Eggs poached in a mildly spiced pepper, spinach and tomato sauce
Served with home made flax seed onion bread or soda bread
Or Heuvas rancheros with salsa, avocado and tortilla wraps

Croissants and fruit spreads, yoghurt, fruit salad, home made granola

Fresh green juice, orange juice, teas and coffee

- **Morning snack**

Coconut and berry flapjack, chocolate brownie, Fruit

- **Lunch**

Build our own Buddha bowls: marinated smoked tofu, tuna sashimi, marinated black beans, avocado salsa, roast sweet potato, sesame, nori, tahini sauce, chilli sauce, brown rice or rice noodles

Or

Vegetable paella with artichokes and olives
Chicory and orange salad with pine nuts
Flax seed Onion Bread and Goats Cheese

- **Afternoon snack**

Moroccan orange cake or Acai with chopped banana and granola and coconut yoghurt

- **Supper**

Marinated tempeh with peanut satay sauce
Rice noodle salad with soy, ginger and coriander
Roast Sweet potato and aubergine glazed with white miso and sesame

Chocolate and avocado raw torte with oranges in maple syrup

Or

Lamb tagine with prunes
Vegetable tagine with preserved lemons and olives
Quinoa with coriander, lemon and flaked almonds
Roast aubergine with pomegranate and tahini
Chop-chop salad

Rhubarb frangipane with roast rhubarb and coconut yoghurt