



# Sample Retreat Menu

✓ Vegan

✓ Gluten-free

✓ No Refined Sugar

✓ Organic (ish)

## Breakfast Buffet

Granola (homemade)  
Porridge (date sweetened)  
Porridge (banana/coconut)  
Muesli (homemade)  
Fruit Spread/ Chia Jam  
Tahini/ Peanut Butter  
Fruit Bowl or Fruit Salad  
Smoothies (by request)

## Typical Lunch

*Typically consists of one or two dips, two vibrant salads and a big pot of soup with extras like oat-cakes, bread & toasted seeds.*

### Dips & Pates

- Beetroot & Lemon Hummus
- Sun-dried Tomato Tapenade
- Smoked Paprika Hummus
- Roast Carrot & Lentil Pate

### Salads

- Cauliflower Raw-Slaw with Tahini Sauce
- Beet-It Ginger Raw-Slaw
- Rawsome Rainbow Mix
- Turmeric Rice Salad
- Spiced Curry Potato
- Masala Chickpea Salad
- Quinoa Tabbouleh

### A Big Pot of Soup

- Soul Food Delicious Signature Soups (various)
- Creamy Coconut Cauliflower Soup with Nutmeg
- Serenity Mint Pea Soup
- Carrot & Ginger Lentil Soup
- Cosmic Coconut & Pumpkin Soup

## Typical Dinner

*Main course served with rice or turmeric roast potatoes and a very hearty, filling salad/ raw-slaw and/or veggies.*

- Conscious Cottage Pie
- Stuffed Seed Pepper Boats with Tomoconut Sauce
- Sunset Sweet Potato & Chickpea Curry (with fresh mango chutney & poppadoms)
- Veggie Bake with Coconut Sauce & Oat-Seed Topping
- Beetroot Falafels with Tahini Sauce
- Baked Potato & Gourmet Spicy Beans

### Delicious Desserts Examples

- Raw Superfood Brownies
- Chocolate Chip Banana Bread
- Billionaire Superfood shortbread
- Raw Berry No-Cheeze Cake
- Raw Carrot Cake
- Gluten-free Chocolate Cake
- Bliss Balls
- Date Sweetened Flapjacks