



BEST RETREATS EVER

Sample Menu

Subject to change, provided for example

BREAKFAST

A la carte: Eggs your way, house-made breakfast sausage, frittata, steel-cut oats with a selection of toppings, seasonal and local fruit and vegetables, assorted local breads, cashew yogurt, greek yogurt, smoothies, local coffee, tea

LUNCH

Grilled chicken, roasted red peppers, arugula, provolone cheese, olive oil, lemon juice, sea salt

Asian slaw: red cabbage, cilantro, cashews, chicken or shrimp, ginger dressing

Mediterranean: alfalfa sprouts, avocado, kalamata olives, onion, tomato, banana peppers, feta, greek dressing

DINNER

Cauliflower tacos al pastor with roasted pineapple salsa

Skinless, tomato orange and basil soup

Grilled and herbed aubergine, courgette and red pepper

Sweet potato mousse with sea salt and smoked paprika