



RETREAT SAMPLE MENU

FRIDAY DINNER

- *Spinach and mushrooms curry*
- *Baked vegetables pakora*
- *Mango chutney/raita*
- *Spiced lemon rice*
- *Green beans*

Mango and coconut pudding with cardamom and praline

SATURDAY LUNCH


- *Pea and courgette soup with mint and lemon zest*
- *Bread and butter*
- *Rainbow salad with cashew dressing*
(carrots, peppers, tomato, cucumber, red cabbage)
- *Roasted broccoli and kale with toasted seeds*

SATURDAY DINNER

- *Stir fried soy tofu*
- *Noodles with vegetables*
- *Chinese cabbage slaw*
- *Miso aubergines*

Citrus raw cheese cakes

SUNDAY LUNCH

- *Butternut and sage risotto*
 - *Caesar salad*
- Roasted fennel salad with celery, radicchio, orange and balsamic vinaigrette*
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BREAKFAST BUFFET IS AVAILABLE ON SATURDAY & SUNDAY