



WASING

Retreat Menu

Breakfast

Oat, coconut & chia seed granola
Yoghurt
Juice
Simon's croissants
Fresh fruit

Snacks

Oat, coconut & date bars
Homemade dark chocolate buttons
Shortbread
Humous with veggie sticks
Rosemary & sea salt roasted nuts

Salads

a selection of 4 salads will be served with lunch & dinner

Roast squash, charred onion & tahini
Baked tomatoes & harissa
Quinoa, red rice & soy
Pumpkin seed, chilli & coriander drizzle
Roast veg with salsa verde
Beet, chilli & mint
Carrot ribbons with poppy seeds & lime
Warm new potatoes with herbs
Smokey sweet potato wedges
Mixed leaves
Crispy kale & chilli sea salt
Barley, carrot & paprika
Moroccan chickpea & raisin salad
Baked aubergine, chermoula & mint
Rainbow slaw with tahini dressing
Fennel, courgette & mint
Carrot, feta & paprika cous cous

Lunch

Seasonal soup
Beet, charred pepper & goats cheese strudels
Sweet potato gratin

Dinner

Indian spiced baked salmon
Mackerel with roast tomatoes & chilli
Za'atar spiced chicken
Red lentil, almond & coconut dhall

Desserts

Cherry & berry Pavlova
Dark chocolate gingerbread with maple syrup caramel