Amandine
cuisine vivante

SAMPLE RETREAT MENU

AUTUMN

5 days · plant-based, with meat and fish options on request

Day 1 · Arrival

ARRIVAL SNACK

- Infused water and herbal teas
- Ayurvedic energy balls
- Fresh fruit, nuts and chocolate

DINNER

- Pumpkin, ginger and miso soup with roasted pumpkin seeds
- Mushroom balls in tomato sauce
- Oven-roasted potatoes
- Mixed salad with vinaigrette
- Apple compote with homemade granola

Day 2

BRUNCH

- Curried chickpea salad with broccoli and carrots
- Frittata with peas, sun-dried tomatoes and herbs
- Mixed salad

SNACK

- Gluten-free banana bread

DINNER

- Green Goddess salad
- Tofu com broa (Portuguese cornbread bake) with sweet potatoes · *fish option*
- Grilled courgettes
- Mixed salad
- Coconut tapioca pearls

Day 3

BRUNCH

- Moroccan-style carrot salad
- Roasted beetroot with magic sauce
- Spiced soft-boiled eggs
- Guacamole

SNACK

- Gluten-free upside-down orange cake

DINNER

- Mushroom ceviche with curry and seeds
- Chili sin carne with basmati rice
- Mixed salad
- Sweet potato chocolate cream with caramel

Day 4

BREAKFAST

- Breakfast buffet: granola, yoghurt, milks, fruit and nuts, eggs, cheese and sourdough bread

PACKED LUNCH

- Quinoa salad with feta and toasted almonds
- Courgette, sheep's cheese and mint loaf
- Houmous with bread and crackers
- Cheese, olives and fruit
- Gluten-free chocolate muffins

DINNER

- Cooked carrot salad with coriander, garlic and lemon
- Vegetable tagine with couscous · *chicken option*
- Mixed salad
- Seasonal fruit crumble

Day 5 · Departure

BREAKFAST BEFORE DEPARTURE

- Breakfast buffet: granola, yoghurt, milks, fruit and nuts, eggs, cheese and sourdough bread

EVERY BRUNCH INCLUDES

Coffee and herbal teas · Granola and porridge · Fresh fruit, dried fruit and nuts · Plant-based and Greek yoghurt · Plant and dairy milk · Eggs · Cucumber and cherry tomatoes with a dip · Sourdough bread, cheese, jam, honey, butter and nut butter

Coffee, tea and fruit from early morning, brunch late morning.

Every menu is planned around your group, your programme and what is fresh at the market. Vegan, gluten-free and allergy options for every meal.

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