Amandine
cuisine vivante

SAMPLE RETREAT MENU

SPRING

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

- Asian-inspired noodle soup
- Courgette, pea and feta frittata
- New potatoes
- Mixed salad with vinaigrette
- Matcha cream

Day 2

BRUNCH

- Green Goddess salad
- Curried chickpea and broccoli salad
- Spiced soft-boiled eggs

SNACK

- Gluten-free peanut butter banana bread

DINNER

- Citrus salad with oranges and pistachios
- Vegetable galette wraps · *fish option*
- Mixed salad
- Coconut milk tapioca

Day 3

BRUNCH

- Beetroot dip with two tofus
- Gluten-free seeded loaf
- Guacamole

SNACK

- Oat cookies

DINNER

- Mushroom, miso and tempeh soup
- Spanish-style chickpeas with whipped feta and rice
- Mixed salad
- High-protein vegan chocolate cream

Day 4

BREAKFAST

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

PACKED LUNCH

- Quinoa salad with fresh herbs
- Vegan courgette loaf
- Houmous with bread and crackers
- Cheese, olives and fruit
- Gluten-free chocolate fondant cakes

DINNER

- Roasted beetroot with magic sauce
- Butter chicken-style cauliflower with basmati rice · *chicken option*
- Mixed salad
- Gluten-free walnut cake

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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