Amandine
cuisine vivante

SAMPLE RETREAT MENU

SUMMER

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

- Green Goddess salad
- Spanish-style chickpeas with whipped feta
- Oven-roasted potatoes
- Mixed salad with vinaigrette
- Coconut milk tapioca

Day 2

BRUNCH

- Beetroot, raspberries and fresh goat's cheese
- Courgette, pea and feta frittata
- Mixed salad

SNACK

- Gluten-free peanut butter banana bread

DINNER

- Vegetable galette wraps
- Curried chickpea and broccoli salad · *fish option*
- Grilled courgettes
- Matcha cream

Day 3

BRUNCH

- Beetroot dip with two tofus
- Guacamole
- Spiced soft-boiled eggs
- Gluten-free seeded loaf

SNACK

- Oat cookies

DINNER

- Asian-inspired noodle soup
- Butter chicken-style cauliflower with basmati rice · *chicken option*
- Mixed salad
- Chocolate, sesame and pepper 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
- Kitchari with summer vegetables · *chicken option*
- Mixed salad
- High-protein vegan chocolate cream

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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