Amandine
cuisine vivante

SAMPLE RETREAT MENU

❄ WINTER

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

- Root vegetable soup
- Plant-based bourguignon with creamy polenta
- Mixed salad with vinaigrette
- Low-GI gingerbread

Day 2

BRUNCH

- Kale salad with spiced sweet potato
- Purple salad
- Spiced soft-boiled eggs

SNACK

- Gluten-free walnut cake

DINNER

- Five-bean kwati soup
- Butter chicken-style cauliflower with basmati rice · *chicken option*
- Mixed salad
- Chocolate, sesame and pepper cream

Day 3

BRUNCH

- Roasted beetroot with magic sauce
- Beetroot dip with two tofus
- Gluten-free seeded loaf with feta, walnut and honey spread

SNACK

- Spice cake

DINNER

- Mushroom, miso and tempeh soup
- Roast butternut, fresh goat's cheese and crispy crumble · *fish option*
- Mixed salad
- Matcha cream

Day 4

BREAKFAST

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

PACKED LUNCH

- Curried chickpea and broccoli salad
- Vegetable galette wraps
- Houmous with bread and crackers
- Cheese, olives and fruit
- Oat cookies

DINNER

- Parsnip and pear soup
- Kitchari with winter vegetables
- Mixed salad
- Gluten-free chocolate fondant cakes

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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