



**OPEN
DOOR**
RETREATS

BREAKFAST MENU IDEAS

Everyday homemade sourdough breads, yoghurt, dried fruit compote and fresh fruit.

Homemade marmalade and jams, nut butters and local honey.

Dairy free/Gluten free options available too if request made at the time of booking.

POSSIBLE SMOOTHIE IDEAS:

Turmeric, Mango and Ginger

Berry, Apple, Banana and Beetroot

Cashew, Cucumber, Mint and Ginger

Spirulina, Wheatgrass, Celery and Rosemary

CEREAL STYLE OPTIONS: ONE PER DAY

Cherry and Almond overnight oats, fresh cherry compote

Coconut, Lemon and Pistachio chia seed 'porridge' with strawberries

Puffed Amaranth, Brazil nut, Millet flake, Buckwheat Granola with Maple, Lemon and Coconut

HOT OPTIONS: ONE PER DAY

Scrambled organic eggs or Tofu with cherry tomato, chive and tarragon

Courgette and Feta Fritters

Summer vegetable frittata with braised Peppers

Scrambled eggs with organic bacon



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LUNCH MENU IDEAS

Gazpacho, Crab toasts, chopped salad

Puy lentil, Beetroot, Baby broad bean salad, Goat cheese croutons,
Mint and turmeric dressing

Tomato and Fennel Tart, Walnut pastry. Greek Salad

Grilled Halloumi with chilli and honey dressing on a fresh tomato and
oregano sauce, Green salad

Burrata with Pea and Mint salad, Pea shoots and Chickpea flatbread

Pasta with roasted Mediterranean vegetable sauce, basil

Onion Quiche, Walnut, Black olive and Parsley salad

Harrisa Roasted Chickpeas, Cauliflower Puree, Roasted cauliflower,
Toasted Buckwheat Groats

Warm salad of baby Cornish potatoes, Asparagus and Smoked
Haddock. Chive and Tomato dressing



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SUPPER MENU IDEAS

Roast side of Salmon, Pea and Leek Ragout. New Potatoes

Grass fed steak, Sweet Potatoes, Mushroom and shallot gratin with Tarragon. Tomato salad

Coconut, Chilli Chicken, Herbed Pilaf, Mango, Cucumber and Coriander salad. Nigella Seed and Sesame Dressing

Roasted Heritage Carrots, Carrot and star anise Puree, Kale and Avocado salad. Spiced Seeds, Tahini dressing. Roasted Chickpeas and Grilled flatbreads.

Stuffed Butternut Squash, Wild Rice, Pecans, Lime, Dates. Roasted Peppers, Smoked Paprika and Pomegranate Molasses. Buttermilk dressed Crisp Green Beans and Tomatoes.

Aubergine Parmigiana. Local Leaves and toasted Hazelnuts, Mustard Dressing

LIGHT PUDDINGS/SWEET IDEAS

Pineapple Carpaccio, Minted Coconut Sugar

Watermelon, Pistachios, Local Goats Cheese and Honey

Dairy Free Coconut and Date Chocolate mousse

Almond and Lemon Biscotti

Cherries and Salted Dark Chocolate Bark, Toasted Flaked Almonds

Vegan Lemon Cake

Vegan Hazelnut Truffles