

Friday

Arrival:

Lemon, basil, almond drizzle cake

Hot chai

Dinner:

Grilled hispi cabbage, baba ganoush, baked spiced rice

Fennel, rocket, orange + pomegranate salad

Dessert:

Lemon cashew cheesecake

Saturday

Breakfast:

Overnight oats with fresh fruit, granola and mango lassi mousse

Bristol Sourdough and spreads

Mezze Lunch:

Red cabbage, fennel and carrot slaw, lime + coriander

Spiced cauliflower + chickpea, zhoug, pomegranate, herbs

Beetroot, quinoa, rocket, herb + walnut salad, molasses

Za'atar hummus

Dinner:

Ayurvedic chana dal, rice, chaat masala potatoes with coconut yoghurt, tamarind + coriander, tomato chilli jam, naan

Dessert:

Lime + coconut ladoos

Sunday

Breakfast:

Soft boiled egg on sourdough toast, pesto, pea shoots + tomato chilli jam

Lunch:

Seasonal soup, smoked garlic cashew creme + mini jacket potato

Dinner:

Roasted piece of squash with salsa verde + polenta

Carrot, fennel, harissa, herbs

Green leaf salad

Dessert:

Hazelnut chocolate mousse

Monday

Breakfast:

Chia pudding, vanilla chai compote + overnight oats, brazils

Bristol Sourdough and spreads

Lunch:

Green bowl:

Broccoli + haricot tahini salad with chilli, greens / sprouts, herbs, toasted hazelnut, wild garlic pesto, amaranth and sesame seed crackers