

ENERGIZE & REVIVE WELLNESS

MENU

✦ First Dinner

- Barley creamed with Pumpkin and Cardamom
- Baked Turbot, Beetroot, Tomatoes and Thyme
- Vegan Lemon Tart and Fresh Fruit

✦ Lunch

- Millet, Avocado, Spinach, Rocket Salad, Tomatoes and Walnuts
- Salad, Smoked Salmon, Fennel, Cucumber, Celery, Tomatoes and Mint
- Fresh Sliced Pineapple

✦ Second Dinner

- Carrot & Ginger Soup and Coconut Milk
- Grilled Umbrine and Mint Marinated Courgette
- Lemon and Mint Sorbet