

BRUNCH  
MENU:  
RETREAT

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*to start*

GREEN SMOOTHIE SHOTS

HOUSEMADE SEED & NUT GRANOLA  
WITH COCONUT OR GREEK YOGHURT &  
BERRIES

BLUEBERRY, ALMOND & SPELT MUFFINS  
SERVED WITH HONEY BUTTER

TOASTED SOURDOUGH WITH AVOCADO,  
TOMATO, HOUSEMADE DUKKAH & FRESH  
CHILLI

SMOKED SALMON, LEMON & BLACK  
PEPPER ON A HOUSEMADE SEEDED  
CRACKER

*to order*

SCRAMBLED EGGS WITH GREEN CHILLI,  
WATERCRESS & PARMESAN, ON TOASTED  
SOURDOUGH WITH ROASTED TOMATOES

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BUFFET  
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*to share*

BLACK RICE SALAD WITH AVOCADO,  
FETA, PICKLED PINK ONIONS, ALMONDS,  
PEA SHOOTS & A LEMON OIL DRESSING

ROASTED SPICED SWEET POTATO WITH  
NIGELLA SEEDS, CORIANDER & A  
YOGHURT DRESSING ON A BED OF  
SEASONAL LEAVES

LEEK & SPINACH TART WITH FRESH  
HERBS & PINE NUTS ON A WHOLEMEAL  
SPELT BASE

CRUDITÉ PLATE WITH BEETROOT  
HUMOUS & BABA GANOUSH

MANGE TOUT, GREEN BEANS & PEAS  
WITH LEMON & CHILLI

*to finish*

A SELECTION OF RAW CHOCOLATE  
TRUFFLES WITH MACA & COCONUT OR  
DATE & CACAO

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PLATED  
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*to nibble*

SMOKED MACKEREL PATE WITH LEMON,  
BLACK PEPPER & HORSERADISH ON A  
HOUSEMADE BUCKWHEAT CRACKER

*to feast*

COCONUT, SWEET POTATO & SPINACH  
DAL SERVED WITH FRESH TOMATO &  
CORIANDER RELISH, SPELT FLATBREADS  
& A CUCUMBER RAITA

*to finish*

ALMOND FLOUR BROWNIES WITH  
VANILLA MASCARPONE & FRESH BERRIES

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