

Seasons, Wild & Free



Retreat Menu



Breakfast ~£15

Choose from a selection:

Breakfast pots including chia and overnight oats with spiced plum or yoghurt, granola or muesli, maple syrup with mixed berry or mango and passionfruit compote

Organic breads served with organic butter, peanut butter, avocado, jam and honey

If you would like something hot, we can add porridge or "eggs-any-way" for a £5 surcharge

Ginger or turmeric shots can also be made and delivered fresh for £2.50 each and fresh wellness juices such as our green juice with apple, celery, mint and cucumber from £4.50

We have a selection of 4



One course lunch £17.50, two course dinner £25

Lunch

Braised lentil vert with roasted garlic, confit garlic mushrooms, cavolo nero and parmesan crisp, served with spinach, blue cheese and walnut salad and rosemary and sea salt focaccia

Dinner

North African tagine with ras-el-hanout roasted vegetables in a rich & mildly spiced tomato sauce served with tzatziki and flat breads; lemon and herb, jewelled couscous and a spinach salad with toasted almonds, sweet and sour pickled red onion, crispy fried pitta bread and capers

Dessert

Chocolate delice with baked almond base and 70% cacao, ganache topping, served with toasted hazelnuts and plant based cream



Lunch

Pea, mint and parmesan risotto (could be spelt or barley too) served with panzanella salad (heirloom tomatoes, sourdough croutons and basil pesto) and a green bean, rocket and almond salad with a Dijon mustard dressing

Dinner

Roasted celeriac with a herb and caper salsa verde, served with sea salt roasted new potatoes and cherry tomatoes, and garlic and chilli-roasted broccoli with tahini and rose harissa dressing

Dessert

Marinated pineapple with star anise, agave, lime and chilli reduction and (plant-based) cream



Lunch

Main course carrot and halloumi cakes with dill yoghurt served with pearl barley and garlic courgettes and a mixed leaf and beetroot and goats cheese salad with a maple and garlic dressing

Dinner

Cauliflower and cashew cream korma with basmati rice, vegan samosas, mango chutney, raita, tomato, red onion and coriander pickles

Dessert

Plant based affogato; plant-based ice cream with coffee and amaretto biscuits
(decaf available)



Lunch

Aubergine Parmigiana: Layers of roasted aubergine and rich garlic and herb tomato sauce, bay infused bechamel with a crisp parmesan topping (vegan option available) served with wild garlic flat breads and mixed salad

Dinner

Sweet potato, red pepper and mixed bean chilli with lime and cacao, served with guacamole, pico de gallo, soured cream and cheese with whole meal tortillas or brown rice and leaves

Pudding

Beetroot brownie bites made with raw beetroot & 70% organic cocoa