

## YOGA RETREAT FOOD MENU

### BREAKFAST:

#### **EGGS FLORENTINE**

An English toasted muffin served with wilted spinach finished off with two poached eggs and hollandaise sauce.

#### **KALE, TOMATO AND POACHED EGGS ON TOAST**

Two slices of wholegrain toast topped with fresh kale, grilled tomatoes and two poached eggs with a small scattering of feta cheese.

#### **TOASTED GRANOLA, SOYA YOGHURT AND BERRIES**

Toasted Granola served with soya yoghurt topped with strawberries, raspberries and blueberries.

#### **OVERNIGHT OATS WITH BANANA AND BERRIES**

Rolled oats soaked in oat milk overnight providing a creamy taste served with banana and fresh berries.

#### **VEGETARIAN FULL ENGLISH**

Two vegetarian sausages, baked beans, mushroom, choice of eggs (scrambled or poached), grilled tomato and two hash browns.

### LIGHT BITES:

#### **EGYPTIAN EGG SALAD**

A bed of fresh salad leaves topped with boiled eggs, onions, peppers, tomatoes, cucumber and fava beans. Infused with the rich flavours of tahini, garlic, lemon and cumin.

#### **PAN COOKED FETA WITH BEETROOT SALSA AND BEAN MASH**

Lightly panned fried feta topping a bed cannellini bean mash served with zingy beetroot salsa.

#### **RED LENTIL AND CARROT SOUP**

Served in a healthy sized bowl.

#### **SPICY AVOCADO WRAP**

Seeded tortilla wraps filled with salad leaf, peppers, onions and avocado. With rich chilli, garlic and lime flavours.

## **MARINATED AUBERGINE AND ROCKET SALAD**

A bed of salad leaf, topped with tomatoes, peppers and marinated chunks of aubergine.

### **MAINS:**

#### **CHICKPEA AND SPINACH CURRY**

Medium spice curry served with a portion of brown rice.

#### **HEALTHY PASTA PRIMAVERA**

Crème fraiche covered spaghetti served with broad beans, peas, leeks and asparagus. Infused with chopped herbs parsley, mint and chives.

#### **FAJITA STEAK RICE BOWL**

Sliced steak marinated in lime, chilli, onion and garlic served on a bed of roasted red pepper and, brown rice.

#### **VEGAN “MEATBALLS” IN FRESH TOMATO SAUCE**

Made with oats, beans and mushrooms the meatballs will top a portion of wholegrain pasta and finished off with fresh tomato sauce.

#### **BROCCOLI AND RED PEPPER FRITATTA**

Pan grilled broccoli and roasted red pepper seasoned with chilli and onions served with seasonal vegetables.

#### **INDIAN SWEET POTATO AND DHAL PIE**

Spiced red lentil dhal topped with a creamy sweet potato mash in individual pie dishes, accompanied with a side of broccoli.

#### **SPICY ROOT AND LENTIL CASSEROLE**

Carrot, parsnip and potatoes with lentils roasted in spices served with low-fat yoghurt and naan bread.

#### **VEGETABLE AND BEAN CHILLI**

A mixture of beans, peppers and lentils in chilli con-carne style spices served with wholegrain rice.