

# Eating in the Heart of Nature

## Nutritious and Delicious

### Breakfast Options

Power smoothie:-  
plant milk with red  
berries, coconut oil,  
ground omega<sup>3</sup> mix,  
maca powder

porridge

home-made muesli

bread of the day

choice of nut and seed  
butters, fruit spreads

tisanes, rooibos tea,  
tea, coffee, fruit juice

### snacks and treats:-

- raw carrot and cinnamon cake topped  
with cashew cream
- sweet potato brownies
- forest muffins

### Lunch

butternut and red  
pepper soup

courgette, tomato,  
and fresh pesto  
stack

baby leaf and chard  
salad with cider  
vinegar dressing and  
gomasio sprinkles

fresh seasonal fruit

### Dinner

channa dahl cooked  
with coconut cream  
and aromatic spices

puréed spinach with  
shallots, cumin, and  
turmeric

wholemeal basmati  
rice fragrancd with  
cardamom,  
cinnamon and  
cloves

carrot raita

almond kulfi  
or  
rose-infused  
blueberries

### Raw Food Options

Spinach leaf parcels  
stuffed with fresh  
tomato sauce and  
sunflower paté

Julienne beetroot,  
apple and carrot salad  
with walnuts and cumin  
dressing

Green lentil and olive  
tacos, fresh coriander  
and tomato salsa,  
guacamole, sprouted  
seeds, almond cream

Raw chocolate surprise  
gateau

*all prepared with  
fresh, local,  
seasonal, organic  
ingredients*

*food intolerances  
incorporated*

