



RETREAT SAMPLE MENU

*NOURISH YOUR MIND, BODY & SOUL. WE LOVE TO WORK CLOSELY WITH EVERY RETREAT HOST TO
CREATE A PERFECTLY BALANCED & WELL MATCHED MENU*

WELCOME

DELECTABLE DETOX JUICE

apple. beetroot. carrot. ginger

CACAO & GINGER BLISS BALL (GF)

cacao. ginger. almond milk. dates. coconut

BREAKFAST

SMOOTHIE SHOTS

banana. cashew milk. peanut butter. hemp seeds. cacao nibs. sesame seeds

TROPICAL FRUIT PLATTER (GF)

fresh seasonal fruit. candied walnuts. strawberry coulis. yoghurt or coconut yoghurt

SUPERFOOD SEEDED BIRCHER (GF, DF)

oats. chia. sunflower & pumpkin seed. almond milk. berry compote. banana. nuts

COCONUT & TURMERIC PANCAKES (GF, DF)

eggs. coconut milk. ginger. green chilli. grapefruit. mint. coriander. radish

LUNCH

MEZE BOARD (VG option)

falafel. quinoa tabbouleh. hummus. baba ganoush. olives
whipped feta & chilli, roasted carrot dip. crackers & corn tortillas

MISO AUBERGINE SALAD (VG)

aubergine. fennel. spelt. edamame. sesame oil.



LUNCH CONTINUED..

PEACHY SALAD (GF)

peach. chickpea. spinach. toasted almonds. feta. soy

HEALTHY NUT BUTTERCUPS

cacao nibs. coconut oil. almond butter. sea salt.

DINNER

FRAGRANT BROTH (VG)

aubergine meatlessballs. lemongrass. rice noodles. umami vegetable broth.

ROJAK (GF, VG)

mango. radish. cucumber. pineapple. spinach. beansprouts. tofu. peanuts. honey. tamarind.

SUMMER ROLLS (GF, VG)

carrot. cabbage. cucumber. satay sauce. rice paper. sesame.

WHITE CHOCOLATE & GINGER CHEESECAKE (GF)

white chocolate. candied ginger. cream cheese. cream. lemon. ginger biscuits.

60€ per person + 10% IVA

Please note, this is an example menu, we are completely flexible if you would like to keep it 100% plant based or add proteins.

Usually we provide serving boards & bowls but use the plates & cutlery in the venue provided. If this is not possible we can provide for additional charge.

NURTURE. NOURISH. FLOURISH.

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