

Living Harmony Retreat Centre



Sample Retreat Menu

Please note: these are examples of the sorts of dishes that may be served, depending on the season, dietary requirements and personal taste. We will discuss these with you in advance of your retreat.

Breakfast (buffet-style):

Choice of cereals, nuts and seeds (Chia, Hemp)
Yogurt
Cheese
Eggs
Fruit
Choice of herbal teas
Filter coffee
Breakfast or Earl Grey Tea
Sourdough, Rye, Wholemeal or Gluten-free bread

Light Lunch:

Soup served with sourdough bread and cheese:

Courgette or pea and tarragon
Watercress, rocket, spinach and potato with fresh mint
Lemon Dahl
Cranks Lentil and Tomato soup
Fish Soup with Aioli

Or Salads served with sourdough bread and cheese or vegan alternative:

Potato with a citrus dressing
Humous
Baba Ganoush
Carrot and raisin salad
Cranks famous Coleslaw with walnuts and raisins
Lettuce/ mixed leaves with herb dressing
Rice salad with red pepper and spring onion, roasted cashew nuts, coriander and a Chinese dressing.

Living Harmony Retreat Centre



Sample Retreat Menu

Dinner:

Starter:

Soup
Melon
Avocado
Tomato and mozzarella with basil

Main Course:

Lemon Chicken (or vegetarian/vegan) Tagine with Couscous
Grilled Sea Bass/Bream with fresh seasonal vegetables
Salmon en papillote baked with lime and lemon, olive oil and coriander
* Aubergine baked with vegetarian cheese or vegan alternative and tomato sauce with fresh seasonal vegetables
* Cranks nut roast with fresh seasonal vegetables
* Pesto and Garlic Pasta
* Mushroom risotto
* Carrot and Cashew Biryani Rice

Dessert:

Vegan Avocado and raw chocolate pudding
Fruit salad
Lemon mousse
Carrot cake
Banana cake
Ice cream

* All vegetarian dishes can be made vegan or gluten-free according to dietary requirements.