



# B R E A K F A S T

\* Spirited Apple Oats ( Ayurvedic )

With Coconut Yoghurt, Crunchy Hemp Seed Toppings, Maple Syrup

\* Breakfast Beans

Whipped Avocado, Turmeric Cashew Cheese, Tomato Salsa, Purple kraut, Seeds, Leafy Greens with Seedy Bread.

\* Chickpea Scramble

Thyme Roasted Mushrooms, Greens, Chunky Salsa, Kimchi on pumpkin Bread.

\*Soul Expanding Bircher

Whipped Mango and Poached Fruits ,Coconut yoghurt, Nuts and Seeds

\*Warming \*Hug Smoothie Bowl

Sweet Potato, spiced with cinnamon, Turmeric, Ginger and toasted pepitas seeds

\*Chandra (moon) Chia Pudding  
fruits, nuts, coconut, and berry coulis

\*Shanti (peaceful) Quinoa Porridge  
Spices, Fruits, seeds, nuts, cacao nibs

\*Mushroom Congee (depends on Breakfast time)  
Mushrooms, Spring onion, Kimchi, Chilli Oil, Fried Shallots

\*Chia spiced Millet Porridge  
Caramelised Apples, Coconut chips, almond Butter

\*Granola Bowl -

Banana Bread toasted, with berries, poached fruit, Coconut Yoghurt, seeds, and Maple



## L U N C H

### \*-Grazing Platter

Dips, Cashew/ Almond Cheese, Feta, Spiced Chickpeas, Sauerkraut, Hummus , Crackers, Veg Sticks, Fresh Fruit, Falafels Mint Tahini Dressing.

### \*-Rainbow Rice Paper Rolls

with dipping sauces - Satay & Soy Lime chilli

### \*- Mezze Platter

Cheesy Breads, Miso Hummus, Pickled Veg, Tomatoes, Olives, Radish, Tabouleh and Minty Tzatziki

### \*Moussaka

Rich tomato and lentil Ragu with Potato and Eggplant

### \*Mushroom and tempeh PHO

Shitake Mushrooms, Pho spices, Coconut aminos, Kelp noodles, Tempeh and Yummy Garnishes

### \*Nach- yo average Nachos

Cheezy sauce, Spiced beans and Quinoa, Guacamole, Salsa, Cashew cream cheese

### \*Baked Eggplants

Lentils, fetta, Herbs, lemon & Pine nuts

### \*Middle Eastern Feast

Spiced Rice, Cucumber Raita, Medley of Roasted Vegetables, baba ghanoush, roast pepper dip and hummus, zaatar flatbreads, olives, radishes, gherkins, carrot and cucumber sticks, pickled veg, sourdough.



## L U N C H | S A L A D S

### \* Pickled Cabbage Cauliflower Salad

toasted Seeds, Lemon Mint Dressing, Herb Avocado, Greens, Garlic and bean Rice, Sprouts, Miso Hummus, Roast Pumpkin, Marinated Kale, & 'Cheesy Breads'.

### \* Coconut and Sesame Aminos Tempeh, Greens

Raw Zucchini Zoodles with Activated Crunchy Nuts & Seeds

Beetroot Hummus, Quinoa, Nooch Crumble, Crispy Breads and Herb Cashew Cream Cheese

### \* Marinated Jack fruit kelp Noodle Salad

Crunchy Vegetables, Rice paper Crisps, Toasted Seeds with a Soy and Tahini Dressing

\*-Roast Pumpkin, Walnut and kimchi salad with Rocket and Greens

-Kale Slaw, Red Cabbage, Carrot, Beetroot, Herbs, Nuts and Seeds

### \* Buddha Bowl-

Herb Avocado, Greens, Garlic Quinoa, Sprouts, Miso Hummus, Roast Pumpkin, Marinated Kale, Pickled Cabbage Cauliflower Salad, toasted Seeds, Lemon Mint Dressing & 'Cheesy Breads'.

### \*Buddha Bowl- Dal,

Greens, Zoodles, Sprouts, Beetroot Hummus, Veg, Rice, Nooch Crumble, Chimichurri.

Crispy Breads, Garlic, and herb cashew cream cheese

### \*Raw Pad Thai

Crunchy salad, herbs & peanut and avocado dressing



## D I N N E R

\*Aloo Matar (Potato and Peas Pepper Curry)  
Ginger Turmeric Chickpeas with Roasted Cherry Tomatoes  
Smashed Aloo Jeera, Herby Leaves and Coconut Yoghurt

\*Lentil & Vegetable Soul- Hugging Stew  
Salted Kale Crips, Charred Lemon, Flat Breads  
Parsley and Cumin Labneh

\*Sattvic( Pure) Tridoshic kitachri  
Roasted Sweet Potato, Sauteed Greens  
Lime, Hemp Seeds & Fresh Coriander

\* Veggie Masala Curry  
Garlic Quinoa  
Leafy greens, Broccoli & Sauerkraut Salad  
Crunchy Sprinkles, Chutney, Garlic Tahini & Avocado Aioli, Coconut Yoghurt

\* Chickpea Kale Moong Dal  
Cumin Rice  
Coconut Yoghurt, Sauerkraut, Sprouts, Greens  
Crunchy Toppings, Pappadums, Egg plant Chutney

\*Coconut and Veg Curry  
Cauliflower Rice - (depends on price) otherwise rice  
Garlic Naan, Coconut, Bean shoots, Coriander and lime

\*Yellow Daal Tadka  
Spiced lime Rice  
Herb and tomato Salsa, Avocado, Green salad and masala roasted chickpeas