

# THE RETREAT BREAKFAST MENU

## FRESHLY BAKED HOMEMADE BREADS

### Your choice of:

Rye bread, multi grain, gluten free bread, buckwheat sour dough, whole wheat toast, banana bread

### Served with organic spread

Mulberry, lemon marmalade, papaya and passionfruit, almond butter

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## BREAKFAST CEREALS

### Amatara muesli

Plant Base

### Your choice of cereal:

Homemade granola, dried muesli, all bran, gluten free cornflake  
Plant Base

Coconut milk, almond milk, soy milk and rice milk  
Plant Base

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## YOGHURTS

### Organic coconut yogurt topped up with your choice of:

Goji berry, Sunflower seeds, Chia seeds, Grounded flaxseeds, FSA  
Plant Base

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## FRESH FRUIT

Sliced tropical seasonal fruit  
Plant Base

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## HOMEMADE PROBIOTIC SALAD

### Sauerkraut

Fermented sour shredded cabbage enriched with good bacteria to soothe your stomach naturally  
Plant Base

### Kimchi

Spicy pickle Napa cabbage with garlic, chili and soy sauce  
Plant Base



## HEARTHY SOUP

### Immune boosting soup

Creamy soup of broccoli, spinach, kale, and hemp seed oil  
Plant Base

### Miso soup

Mushrooms and seaweed broth infused with miso paste  
Plant Base

### Carrot vichyssoise

Chilled soup of carrot, ginger, coconut meat and orange zests  
Plant Base

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## HOT DISHES

### Create your own egg dish

Two eggs cooked in your healthy way  
Scrambled, poached, sunny side up, over easy, boiled, omelette

### Select your accompaniment

Grilled tomato, grilled mushrooms, poached asparagus sautéed spinach and kale, avocado salsa, quinoa tabbouleh, mixed salad  
Plant Base

### Egg white omelette

3 egg white filled with chicken breast and spinach served with avocado salsa

### Gluten free banana and oat pancakes

topped with banana, monk fruit syrup and almond

### Coconut buckwheat porridge

topped soaked chia seeds and mixed berry compote  
Plant Base

### Brown rice congee

With your choice of: chicken, fish or vegetables  
ginger, spring onion and coriander