



Rejuvenate

COLLAGEN, PROBIOTICS, ANTIOXIDANTS AND VITAMIN C

Beverages

Beetroot juice, coconut water, kefir

Breakfast

Collagen greek yoghurt parfait
with granola and bee pollen

Spirulina smoothie bowl with cacao nibs,
berries and almond butter

Avocado toast with hemp and flax seeds

Spinach and feta egg fritters

Lunch

STARTERS

Beetroot carpaccio with goats cheese

Grilled cauliflower steak with romesco sauce

MAINS

Slow roasted wild salmon served
with wild rice and asparagus

Miso chicken with brown rice, kimchi
and miso maple glazed aubergine

Zucchini noodles alla puttanesca

DESSERT

Raw cashew berry cheesecake

Gluten free olive oil cake

Avocado chocolate mousse

Snack

Fresh vegetable crudites with assorted dips

Open faced tuna sandwiches
with pickled onion on rye bread

Raw chocolate truffles rolled in pistachio