



Relax

TRYPTOPHAN, MAGNESIUM, CALCIUM,
MELATONIN, SEROTONIN

Beverages

Star anise tea, ashwagandha,
cinnamon infused almond milk with honey

Breakfast

Warm spiced porridge with activated nuts
Grain free gingerbread waffles with coconut yoghurt
and date nectar
Farmers market frittata with seasonal vegetables
Cashew milk chia pudding with shredded coconut,
fresh berries and chopped toasted hazelnuts

Mains

Kale and quinoa salad with sunflower seeds, dried
cranberries, pumpkin seeds, grilled free range chicken
breast, served with a balsamic honey dressing
Harvest bowl with freekeh, shaved parmesan, dried figs,
served with a lemon mustard vinaigrette
Farro salad with pomegranate, roasted carrots,
arugula and mint, served with a creamy tahini dressing

Desserts

Chamomile and lavender shortbread cookies
Dairy free and refined sugar free tahini chocolate bar
Date stuffed with almond butter
and covered in dark chocolate