



# Revitalize

COMPLEX CARBOHYDRATES, IRON,  
B VITAMINS, CAFFEINE, ELECTROLYTES

## Beverages

Matcha latte, green smoothie

## Breakfast

Golden turmeric overnight oats

Banana buckwheat pancakes

Herbed labneh tartine on wild fermented sourdough,  
topped with shaved fennel and radish

## Lunch

### STARTERS

French lentil salad with crumbled blue cheese  
and dijon vinaigrette

Roasted sweet potato soup  
with rosemary ezeziel bread croutons

### MAINS

Pan seared saffron monkfish with cannellini beans  
and roasted tomato

Pumpkin risotto with sage toasted pecans and parmesan

Quinoa buddha bowl with chickpeas,  
seasonal vegetables and tahini lemon sauce

### DESSERT

Matcha and white chocolate cookies

Date and cacao energy balls