

Retreat Catering - Sample Menu

Our kitchen is entirely coeliac & vegan friendly, using as much local, wholefood produce as possible. Please let us know if you have any queries regarding allergies and intolerances and we will do our best to offer you a selection of dishes that include and satiate everybody

For a retreat group, we would suggest choosing the following...

- 2-3 savoury options
- 1 hot dish
- 3-4 salads
- 2 dips
- 2-3 sweet treats

Savouries

Hot Dishes

Seasonal Salads

Dips

Sweet treats

Savouries / Bakes

Sage & Pepper Frittatas
(soya)

Pecan, Miso Mushroom Rolls
(maize, nuts, soya)

Spinach, Artichoke & Caramelised Onion Tartlets
(soya, maize)

Seasonal Vegetable Tarte Tatins

(maize)

Eg -

Tomato & Red Onion

Squash, Sage & Red Onion

Oyster Mushroom & Onion

Celeriac & Onion

**& NUTMEG
& THYME**
PLANT BASED FOODS

Focaccias

(maize)

Eg -

Rosemary & Olive Focaccia

Sea Salt & Rosemary

Squash & Sage Focaccia

Aubergine Caponata

Rosemary Sea salt

Sea Salt

Mixed Olive Lemon Sage

Hot dishes

Roasted Carrot & Coconut Dal

Creamy spiced coconut based dish with crushed Black chickpeas, lemon and roasted carrots

Aubergine Sicilian style Caponata

Peppers, Aubergines and tomatoes slowly simmered with red wine, herbs & olives, butterbeans. Rich, aromatic dish that nourishes.

Thai Spiced Squash & Coconut Soup

Gently spiced with ginger, chilli, garlic and kaffir lime leaf, enriched with coconut and locally grown Squash

Harissa, Aubergine & Caraway Lentil Stew

Gently spiced Lentil stew with succulent aubergine, smoky harissa, spinach and caraway

Fesenjan

Persian inspired Fesenjan, slowly cooked pulled oyster mushrooms, lentils in a roasted walnut spiced sauce, with pomegranate molasses
(nuts)

Thai Red Peanut Edamame Curry

Infused with kaffir lime, galangal, red chilli, and our peanut butter, with oyster mushrooms, edamame beans and seasonal squash
(peanuts, soy)

Salad - examples

Roasted Sweet Potato, Chipotle Lime dressing, Quinoa

Spiced roasted Cauliflower & Peppers, Chickpea Orzo

Roasted Carrots, Black Chickpeas, Lemon, Basil

Roasted Aubergine, Mint, Tomato, Black Rice

**Green Pea, Edamame & Herby Tahini dressed Quinoa
(sesame, soya)**

**Shaved Golden Beetroot, Lemon, Mustard, roasted Walnuts
(nuts)**

Roasted New Potatoes, Preserved Lemon, Salsa Verde

**Szechuan Pepper Sesame Noodle Salad
(sesame, soy)**

**Raddichio, roasted Fennel, Orange, Walnuts, Basil
(nuts)**

**Sesame Lime Slaw
(Sesame, nuts)**

Roasted Pineapple Chipotle Salsa

**Green Beans,
Hazelnut Orange mint Dressing
(nuts)**

Black Rice with Roasted Roots, Preserved Lemon & Mint

Celeriac Apple & Walnut Slaw
(nuts)

Ginger Cucumber Salad and Pink pickled onions

Dips

Garlic & Lemon Roasted Artichokes, Whipped Butterbean, Leek & Tahini Dip
(sesame)

Walnut Pomegranate Muhammara Dip
(nuts)

Pea, Basil & Butterbean Dip

Sweet Treats

Energy Bites (refined sugar free, date based, whole food fat/protein source) -

- Sour Cherry, Cardamom, Orange, Walnut
(nuts)
- Tahini Cacao
(sesame)
- Hazelnut Cacao
(nuts)
- Hazelnut
(nuts)

Tahini Almond Cookies
(almond flour, tahini, agave, spices. Refined sugar free, high protein/fibre)
(nuts, sesame)

Hazelnut Butter Millionaires shortbread
Crunchy oat base, date & homemade hazelnut butter caramel, topped with dark chocolate and drizzled with hazelnut butter
(gluten free oats, nuts, soya)

Lemon & Blueberry Muffins

**Fluffy, light Lemon muffins filled with roasted Blueberries
(soya, maize)**

Alphonso Mango Lime Muffins

**Golden alphonso mango infused muffins with fresh lime juice and zest
(maize)**