

Autumn Menu 2016

Friday Arrival Snack 3pm

Cheese Platter

Friday Supper 6.30pm

Roast Pumpkin, Carrot & Leek soup w
Quinoa, Veggies, Yogurt, Fresh Herbs, soy
Roasted Sunflower Kernels and Baked
Bread

Beetroot & Chocolate Cake

w Berry Jus

Saturday Breakfast 8.30am

Chai Banana Porridge
w Yogurt & Poached Pears
Toast, Preserves, Nuts and Cereals

Saturday Lunch 12.30pm

Falafel bar – Hummus, Beetroot & Orange
Dip, Carrot & Feta Dip, Vintage Cheddar,
Jalapeño peppers, Lebanese Bread,
Greek Salad.

Lime Soaked Melon

Saturday Dinner 6.30pm

Autumn Vegetable & Lentil Cottage Pie &
Salad

Orange and Almond Cake
w vanilla Yogurt

Sunday Breakfast 8.30am

Shakshuka Eggs w Fresh Baked Bread
Toast, Preserves, Yoghurt, Nuts and Cereals

Sunday Lunch 12.30pm

Quinoa Salad w Tahini Dressing

Pinapple