



ONLY HANDMADE  
100% PLANT-BASED  
NOURISHING AND  
SATISFYING



# YOUR RETREAT MENU

GLUTEN FREE OPTIONS AVAILABLE



# VEGAN MAGDA



# BRUNCH

SATURDAY

Japanese theme- sushi, miso, seaweed salad, kimchi, onigiri, crushed cucumber salad, power raw balls

SUNDAY

Middle Eastern theme- baked falafel, zesty salad bar, pickles, ferments, flatbreads, handmade hummus and spreads, raw power balls

MONDAY

ready to go! goodby packed lunches for your journey  
sourdough sandwiches, snack bag,

# DINNER

FRIDAY

celeriac lasagna, sunflower and parsley pesto bread, handmade vegan mozzarella salad, vanilla and berries  
vegan pana cota

SATURDAY

pineapple curry, herbed rice, parathas, pickles, garam masala, and peanut butter cheesecake

SUNDAY

bbq vegan burgers or selection of vegan meats, cherry chocolate cake

