

PLANT-BASED MEAL PLAN

Welcome to your Retreat Inclusive and your mindful meal plan during your stay.

BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE, DINNER LIKE A PAUPER

Your meal plan prioritizes kickstarting the day with a substantial breakfast to boost metabolism and provide energy for activities. Guests can freely choose from our extensive plant-based buffet or a la carte menu for breakfast. Lunch consists of a plant-based 3-course meal, and dinner offers a raw 2-course meal. This strategic distribution of calories aims to offer energy for the day's pursuits while easing digestion in the evening.

PLANT-BASED

We've crafted a plant-based meal plan that's abundant in essential nutrients, encompassing both micro and macro nutrients, healthy fats, protein, and fiber. All your meals will be centered around vitamin-rich vegetables and fruits, providing a wealth of antioxidants. Fats and protein sources include nuts, seeds, and legumes, offering a wholesome alternative to meat. Notably, our dinner menu features fruit as a starter, which can enhance the feeling of fullness and contribute to stable blood sugar levels, thanks to its fiber content.

Our plant-based diet provides a healthy and enjoyable way to give your body a respite from digesting unhealthy fats and animal proteins throughout your retreat. If you're contemplating a permanent shift to a plant-based diet, we recommend consulting a physician or nutritionist. Individual nutrient requirements vary based on factors like age, activity levels, and health status. Therefore, a balanced plant-based diet at home is crucial to avoid any risk of malnutrition.

DIRECTIONS FOR BREAKFAST

Enjoy our plant-based items from the breakfast buffet or order a la carte from our restaurants or in-room service. Should you find yourself feeling hungry, ensure that you stay well-hydrated by consuming plenty of water. If hunger lingers, consider snacking on nuts and seeds, and perhaps treat yourself to a refreshing coconut, packed with electrolytes.

BENEFITS OF "KING-PRINCE-PAUPER" DIET

Enhanced Metabolism, Better Sleep, Balanced Hormones, Increased Physical Activity, Improved Digestion, Stable Blood Sugar Levels, Reduced Stress and Anxiety

BENEFITS OF PLANT-BASED DIET

Improved Mood, Increased Energy Levels, Better Cognitive Function, Reduced Anxiety and Stress, Enhanced Sleep Quality, Weight Management

PLANT-BASED MENU

MONDAY

- Lunch
- GRILLED ASPARAGUS**
With lime scented oil, cashew, paprika & poppy seed crumbs, served with fresh mint & radish salad
- QUINOA & VEGETABLE NEATBALLS**
Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs
- TAMARIND PINEAPPLE SKEWERS**
Spiced, pineapple wedges roasted with tamarind & chilli, served with coconut sorbet
- Dinner
- GREEN MANGO SALAD**
With pineapple, guava & fresh garden herb pesto
- VIETNAMESE RAW PHO**
With shitake, bean sprouts & edamame

▶ TUESDAY

- Lunch
- MUSHROOM DUMPLINGS**
Shitake & chive dumplings with ginger, mushroom broth
- ROASTED CAULIFLOWER**
Turmeric cauliflower with shallot puree & roasted pumpkin, with fresh radish, beetroot discs & sprinkled with toasted almonds
- ASIAN PEAR CRUMBLE**
Caramelized, spiced poached pears, served with a seed crumble & coconut caramel sauce
- Dinner
- CHILLED WATERMELON & LIME SOUP**
Watermelon & limes, combined with ginger & topped with fresh mint
- RAW LASAGNA**
3 layers of delicious plant-based cheese, sun-dried tomato sauce & homemade avocado pesto stacked with fresh zucchini sheets

▶ WEDNESDAY

- Lunch
- GARDEN SPRING ROLLS**
Fresh spring rolls with toasted sunflower seeds, bean sprouts, assorted raw vegetables and Vietnamese herbs. Served with a peanut dipping sauce
- PUMPKIN & BUCKWHEAT RISOTTO**
Asian mushrooms, kale & pumpkin cooked in risotto style with coconut cream. Served with herb pesto
- CHOCOLATE ESPRESSO TART**
Oats & almond filled with dark chocolate, cocoa, cashew, espresso filling on salted peanut praline
- Dinner
- WARM CITRUS SALAD**
Spiced pomelo & orange segments with star anise & cinnamon
- RAW VEGETABLE RICE**
Cauliflower, carrots, mushrooms, sprouts, red pepper with tamari & orange sauce

PLANT-BASED MENU

THURSDAY

Lunch CHILLED CUCUMBER & LIME SOUP

Cucumber & limes, combined with green peppercorns & topped with chives & fresh coriander

SWEET POTATO & CHICKPEA PATTIES

With tahini, garlic sauce & served with a fresh mustard cress & avocado salad

TROPICAL TARTLETS

Fresh mango, lime, turmeric in coconut & cashew base, sprinkled with almonds

Dinner POMELO & WATERMELON SALAD

With sprouts, green chilli, fresh garden herbs & black sesame seeds

RAW BEETROOT RAVIOLI

Filled with cashew and garlic herb, served on avocado carpaccio and sprinkled with black sesame and lime

FRIDAY

Lunch CHILLED TOMATO ESSENCE

Clear essence of raw tomato with basil, garlic & red pepper

ROAST BUTTERNUT WITH SPICED PEANUTS

Sous vide butternut roasted, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes

RAW BANOFFIE TRIFLE

Layered trifle combining cashew, almond, maple, dates & fresh bananas

Dinner MANGO AND PINEAPPLE SOUP

Chilled fresh mango & pineapple topped with a chilli & mint salsa

FRESH GARDEN SALAD

With avocado, baby carrots, cucumber shavings, cherry tomato, sprouts & radish

SATURDAY

Lunch SMOKED AUBERGINE

With furikake sprinkle, grilled baby bok choy & ponzu sauce

CITRUS GLAZED TOFU

Pan fried in orange, ginger, maple, served with sesame stir fried bok choy & organic brown rice noodles

CHOCOLATE MOUSSE

With peanut butter truffles & maple almond roasted bananas

Dinner ANTI-AGING FRUIT SALAD

Grapes, berries, kiwi salad with lime & pomelo dressing

ZUCCHINI NOODLES

Tossed in homemade garden basil pesto sauce with kale & steamed asparagus

SUNDAY

Lunch SAVORYTARTS

Spinach, mushroom & almond tart served with saffron falafel, a creamy cashew & mushroom sauce

SMOKED CAULIFLOWER

Garlic & turmeric roasted cauliflower with sweet corn puree, quinoa with herbs crisp moringa leaves lightly smoked with green tea

HIBISCUS POACHED PEARS

With dark chocolate & coconut sauce, sprinkled with toasted hazelnuts

Dinner DIGESTIVE & SPICY PAPAYA SALAD

With papaya, papaya seeds, apple, tangerine & passion fruit dressing

BANANA BLOSSOM SALAD

With apples, carrots, shallots tossed in citrus juice with lime leaf pesto