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Overnight bircher fresh fruit & Super-seeds

BREAKFAST

LUNCH

Harissa baked salmon, fattoush salad, avocado mash

DINNER

Lean, skinless duck breast, charred chicory, orange salad

TUES

Almond pancakes, grilled banana, walnuts, manuka honey Seared tuna nicoise, citrus dressing, quail eggs Organic fillet steak, parsnip chips, chimmichurri sauce, green salad

WED

Peanut butter porridge, chia seeds, raspberries live yoghurt, raw maple syrup

Lean minced beef lettuce cup wraps, fresh tomatillo salsa herb sauce Lemon sole, pancetta, peas, salsa verde

THURS

Mexican style scrambled eggs, sourdough pancakes, hot sauce Lightly spiced lentil and 10 vegetable soup, coriander pesto Fresh sushi platter Hand rolled cauliflower rice dragon rolls, sashimi, nigiri

FRI

Poached eggs, grilled fatless bacon, roast tomatoess Ginger steamed snapper parcel, cauliflower rice, ponzu sauce Monkfish curry, spiced cauliflower rice, pickled chilli and ginger

SNACKS

Spirulina, raw cacao protein balls - Rosemary spiced nuts - red velvet cupcakes, coconut cream icing Spelt and linseed sourdough crackers with avocado hummus - superfood flapjack - 100% cocoa water truffles