LADYBURN

PLANT-LED RETREAT DINING MENU

Designed to be light, nourishing, and supportive of the retreat experience

April 2026 · £70 per person, per day (Inc VAT)

DAILY FLOW

ALL DAY · SELF-SERVICE

- Tea (black & herbal)
- Bean-to-cup coffee machine
- Cows, oat & almond milk
- Filtered water

07:30 · PRE-YOGA

- Fresh fruit selection, replenished daily
- Yoghurt (dairy-free options available)
- Oatcakes
- Tea, coffee & water

BRUNCH · SEE BELOW

- Buffet served from 10:30 / 11:00
- Daily rotating dishes
- One additional dish per day included

BRUNCH

10:30 / 11:00 · Buffet Style · Served Daily

SERVED EVERY DAY

- Overnight oats or chia pots made with plant-based milk or yoghurt
- Fresh fruit basket, replenished daily
- Smoothie of the day — rotating flavours, made with oat milk
- Greek yoghurt and a plant-based alternative
- Protein pancakes with rotating toppings

PLUS, CHOOSE ONE ADDITIONAL DISH PER DAY

- Chargrilled courgette, feta & datterino tomato frittata with wild rocket and pesto
- Raw Nourish Bowl — falafel, hummus, chickpeas, seasonal greens and pickled vegetables
- Buddha Bowl — roasted sweet potatoes, chickpeas, brown rice, kale, radishes, carrots, cabbage and roasted cauliflower
- Avocado & marinated heritage tomatoes on sourdough with fresh basil and olive oil
- Tuscan bean stew with grilled sourdough and herb oil
- Shakshuka baked eggs with spiced tomato and peppers (vegan option available)
- Stuffed peppers with quinoa, seasonal vegetables and fresh herbs
- Sweet potato & vegetable hash with seeds and fresh herbs
- Ladyburn poke bowl with Cajun chicken (or tofu / salmon), wild rice, BBQ pineapple, spinach, sweetcorn and yoghurt dip
- Warm spiced beans with roasted vegetables and chargrilled sourdough
- Baked sweet potato with spiced chickpeas, yoghurt and fresh coriander
- Huevos rancheros — borlotti beans, soft charred taco, pico de gallo, eggs and hot sauce (vegan option available)
- Light Spanish tortilla with herbs, smashed avocado on sourdough and vibrant salsa
- Grazing board — whipped feta & date, spiced houmous, roasted Mediterranean vegetables, marinated halloumi, olives, grilled courgettes, caprese, croqueta, rosemary & Maldon focaccia, flatbreads (£7 supplement per person)
- Smørrebrød selection
  - Whipped ricotta with honey, thyme and roasted figs on sourdough
  - Salt baked beetroot with raspberry vinegar and goat's cheese

DINNER

19:00 · 2-Course Plated Service · Choose one starter and one main per evening

STARTERS

- Thai spiced butternut squash soup — coconut, lemongrass and lime, sourdough
- Roast butternut squash, coconut & chilli soup, sourdough
- Curried lentil soup — warming spices, coconut, fresh herbs, coconut yoghurt, sourdough
- Mushroom, leek & cauliflower soup — garlic, thyme, coconut yoghurt, sourdough
- Roasted vegetable mezze plate — beetroot hummus, olives, flatbreads and grilled broccolini
- Mediterranean grain & roasted vegetable plate with herbs and dressing
- BBQ halloumi with chickpeas, heirloom tomatoes, basil and olive oil
- Stuffed peppers (starter) — herbed quinoa, feta, roasted vegetables, fresh herbs, light leaf salad
- Classic asparagus & pea risotto (starter) — white wine, marinated zucchini, cherry tomato and toasted pine nut salad

MAINS

- Harissa roasted cauliflower — warm tabbouleh, caper & raisin purée
- Cajun roasted vegetable skewers — coconut rice and fresh salsa
- Mediterranean grain & roasted vegetable plate with tahini dressing
- Sweet potato, squash & chickpea curry with fragrant spices
- Pumpkin & sage gnocchi — herb butter sauce and seasonal greens
- Miso roasted aubergine — sesame greens and brown rice
- Stuffed aubergine — chickpeas, tomatoes, herbs and tahini dressing
- Stuffed peppers (main) — herbed quinoa, feta, roasted vegetables, fresh herbs, light leaf salad
- Vegetable Wellington — butternut squash, feta and spinach, truffle sauce
- Classic asparagus & pea risotto (main) — white wine, marinated zucchini, cherry tomato and toasted pine nut salad

OPTIONAL ADD-ONS

SNACKS

- Extra smoothie during the day — £5 per person
- Energy balls (2 per person) — £6 per person
- Traybakes / flapjacks (2 per person) — £5 per person

DESSERT — £12 PER PERSON

- Black Forest Brownie — Amarena cherries, raspberry sorbet (vegetarian)
- Apple strudel — spiced filling, golden pastry, cinnamon sugar, dairy-free ice cream (vegan)
- New York Baked Cheesecake — blueberry compote, white chocolate crumble (vegetarian)
- Biscoff Cheesecake — spiced biscuit base, smooth caramelised filling (vegetarian)
- Dark Chocolate Tart — raspberry sorbet (vegan)
- Stone fruit crumble — seasonal fruits, oat crumble, dairy-free ice cream (vegan)