LADYBURN

Retreat Menu

Menus are designed to be light, nourishing and supportive of the retreat experience, with a focus on seasonal, vibrant ingredients.

CANAPÉS & MOCKTAILS

- **Crispy Fried Sushi** – Avocado – Lime – Tom Yum
- **Wild Mushroom & Truffle Tartlet** – Aged Cheddar
- **Ladyburn's Seasonal Mocktail** – Aperol Spritz Style

DINNER OPTIONS

CHOOSE ONE MAIN & DESSERT FOR EACH EVENING

- Mains
- **Paprika Roasted Free-Range Chicken** – Warm Giant Tabbouleh – Marinated Vegetables – Caper & Raisin
- **Line Caught Stone Bass** – Stir Fried Asian Vegetables – Brown Rice – Thai Coconut Curry Sauce
- **Harissa Crusted Scottish Salmon & Vegetable Skewers** – Mango & Papaya Salsa – Wild Rice
- **Vegetable Wellington** – Butternut Squash, Sweet Potato, Spinach, Mushrooms – Grilled Asparagus – Truffle Sauce (V)
- **Sweet Potato, Squash & Chickpea Curry** (V)
- **Harissa Roasted Cauliflower** – Warm Tabbouleh – Caper & Raisin Purée (V)
- **Cajun Spiced & Roasted Vegetable Skewers** – Mango & Papaya Salsa – Coconut & Almond Rice (V)
- **BBQ Halloumi** – Chickpeas – Heirloom Tomato – Fresh Basil – Wild Garlic – Black Olive (V)
- Desserts

Desserts can be tailored to the retreat's tone, from lighter to more indulgent options.

- **Sticky Date Pudding** – Butterscotch – Ice Cream
- **Millionaires Chocolate de Leche Gateaux**
- **Lemon Meringue Pie**
- **Tiramisu**
- **Apple Crumble & Vanilla Ice Cream**
- **Caramelised Custard Tart** – Poached Pear – Lavender
- **Dark Chocolate Tart** – Cherry Ripe Ice Cream

BREAKFAST

INCLUDED EACH MORNING

- **Morning Boost Shot** – Ginger & Turmeric (alternating each morning)
- **Chia Seed & Manuka Honey Overnight Oats** with toppings
- **Greek Yoghurt**
- **Fresh Fruit Salad**
- **Protein Pancakes** with alternative toppings each day
- **Smoothie of the Day**

LUNCH

CHOOSE ONE DISH PER DAY FOR THE WHOLE GROUP

- **Chargrilled Courgette & Feta Frittata** – Wild Rocket – Pesto
- **Breakfast Burrito** – Black Beans – Spinach – Egg – Cheese – Roasted Pepper
- **Kefir & Coriander Flatbreads** – Beetroot Hummus – Grilled Broccolini – Pomegranate
- **Raw Nourish Bowl** – Tzatziki – Hummus – Falafel – Spinach – Pickled Cabbage – Chickpea
- **Avocado & Marinated Heritage Tomatoes** – Fresh Basil – Grilled Sourdough
- **Stuffed Peppers** – Quinoa – Courgette – Feta – Herbs
- **Sweet Potato & Spinach Hash** – Avocado – Seeds
- **Warm Spiced Beans** – Roasted Vegetables – Fresh Herbs – Grilled Sourdough

AFTERNOON SNACKS

Light afternoon snacks available to support energy between sessions.

- **Energy Balls**
- **Seasonal Fruit Basket**
- **Herbal Tea Selection**

Smoothie of the Day available (£5 per person)