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

DAILY BRUNCH

Buffet Includes

- 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

PLUS, CHOOSE ONE ADDITIONAL DISH EACH MORNING

- 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)