



# MONDAY

TO BE FILLED AND HANDED IN TO RECEPTION  
BEFORE 9PM THE PREVIOUS DAY

Pick (1 lunch, 1 starter, 1 main, 1 dessert)

## LUNCH

### GUEST

1 2

*Zucchini & chicken burgers, organic cherry tomatoes and feta cheese.*

☐☐

*Optional steamed quinoa*

☐☐

*Classical spinach and potato soup, boiled egg and a slice of wholegrain,  
unsweetened bread (Vegetarian)*

☐☐

*Kale Tabbouleh with raw sun-dried tomato crackers (Vegan)*

☐☐

## DINNER

### Starter

*Mussels with cucumber, celery and dill*

☐☐

*Brazil nuts and 1 shot wheatgrass (Vegan)*

☐☐

### Main

*Prime rib hot pot with chili and coriander  
(served with a citrus fruit salad and Liba bread/rice)*

☐☐

*Tikka Masala & Cauliflower (Vegetarian)*

☐☐

*Herb Falafel with tahini dressing, avocado and apple (Vegan)*

☐☐

### Dessert

*Raw Apple pie with almonds and cardamom*

☐☐

*Mixed berries and chia pudding (Vegan)*

☐☐

ROOM NR:



# TUESDAY

TO BE FILLED AND HANDED IN TO RECEPTION  
BEFORE 9PM THE PREVIOUS DAY

Pick (1 lunch, 1 starter, 1 main, 1 dessert)

LUNCH						GUEST				
						1	2			
Mixed salad										
(tomato, cucumber, chickpeas, sweet corn, onions, kidney beans)						<input type="checkbox"/>	<input type="checkbox"/>			
1	2		1	2	1	2				
<input type="checkbox"/>	<input type="checkbox"/>	Feta cheese	<input type="checkbox"/>	<input type="checkbox"/>	Sliced chicken	<input type="checkbox"/>	<input type="checkbox"/>	Prawns	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Italian Dressing	<input type="checkbox"/>	<input type="checkbox"/>	Balsamic Vinaigrette	<input type="checkbox"/>	<input type="checkbox"/>	Caesar	<input type="checkbox"/>	<input type="checkbox"/>
Bean and zucchini pasta with cottage cheese and pesto (Vegetarian)						<input type="checkbox"/>	<input type="checkbox"/>			
Raw pizza with courgette spaghetti (Vegan)						<input type="checkbox"/>	<input type="checkbox"/>			

## DINNER

### Starter

Bay leaf infused artichoke, home beaten mayonnaise & fresh herbs	<input type="checkbox"/>	<input type="checkbox"/>
Sun-dried tomato crackers (Vegan)	<input type="checkbox"/>	<input type="checkbox"/>

### Main

Ginger & lemongrass infused salmon, potato salad, salsa verde	<input type="checkbox"/>	<input type="checkbox"/>
Spinach Pancakes (Vegetarian)	<input type="checkbox"/>	<input type="checkbox"/>
Fiery pasta penne with pumpkin, beans and rosemary oil (Vegan)	<input type="checkbox"/>	<input type="checkbox"/>

### Dessert

Chocolate coated grapefruit segments, sea salt, dried fruits	<input type="checkbox"/>	<input type="checkbox"/>
Lemon chia raw cookies (Vegan)	<input type="checkbox"/>	<input type="checkbox"/>

ROOM NR:



# WEDNESDAY

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Pick (1 lunch, 1 starter, 1 main, 1 dessert)

## LUNCH

## GUEST

1 2

*Turkey Chili Con Carne with wild rice, rye bread & fresh coriander*

☐☐

*Optional - cottage cheese*

☐☐

*Gazpacho style spanish soup topped with feta cheese & pumpkin seeds  
(served with tofu and avocado cracker (Vegetarian))*

☐☐

*Spinach and mushroom raw quiche (Vegan)*

☐☐

## DINNER

### Starter

*Chanterelle soup with parsnip and apple*

☐☐

*Avocado vinaigrette (Vegan)*

☐☐

### Main

*Almond and parsley coated chicken breast, sweet potato fries with  
jalapeno mayonnaise, broccoli, green bean & pea mint salad*

☐☐

*Potato & Mushroom Al Forno (Vegetarian)*

☐☐

*Tacos with fried avocado,  
red cabbage, roasted corn and sriracha mayonnaise (Vegan)*

☐☐

### Dessert

*Strawberry banana & avocado ice cream with pistachios*

☐☐

*Banana ginger pudding (Vegan)*

☐☐

ROOM NR:



# THURSDAY

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Pick (1 lunch, 1 starter, 1 main, 1 dessert)

## LUNCH

## GUEST

1 2

*Salmon, lentil protein bombs, mango, onion & coriander salsa*

☐☐

*(served with green leafs)*

*Protein salad with black beans, baby spinach topped and dried cranberries  
and pumpkin seeds. Served with spicy avocado hummus (Vegetarian)*

☐☐

*Veggie chili salad with activated nuts (Vegan)*

☐☐

## DINNER

### Starter

*Sweet potato soup with red lentils, curry and pomegranate*

☐☐

*Green salad with olive oil (Vegan)*

☐☐

### Main

*Wholegrain linguine with king prawns, rocket salad, anchovy paste & garlic*

☐☐

*Vegetarian Pizza (Vegetarian)*

☐☐

*Club sandwich with grilled portabello, basil aioli and pimientos de padrón (Vegan)*

☐☐

### Dessert

*Raw bar with blueberries and liquorish*

☐☐

*Strawberry creep (Vegan)*

☐☐

ROOM NR:



# FRIDAY

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Pick (1 lunch, 1 starter, 1 main, 1 dessert)

## LUNCH

### GUEST

1 2

*Reindeer Kebab with wholegrain pita*  
(tomato, cucumber, peppers, red onion, salads & crème fraiche)

☐☐

*Exotic sweet potato soup, cottage cheese*  
(served with bruschetta and egg) **(Vegetarian)**

☐☐

*Shiitake mushroom raw burger with light salad **(Vegan)***

☐☐

## DINNER

### Starter

*Super food-souffle with beetroot and spinach*

☐☐

*Grilled mushrooms **(Vegan)***

☐☐

### Main

*Salmon tacos, strawberry salsa, herb mayonnaise*  
(served with salad of quinoa and soya beans)

☐☐

*Vegetarian Musaka **(Vegetarian)***

☐☐

*Spicy parsnip soup with papadums and coriander **(Vegan)***

☐☐

### Dessert

*Almond waffles with frozen yoghurt & dry roasted nuts*

☐☐

*Mixed fruit salad **(Vegan)***

☐☐

ROOM NR:



# SATURDAY

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BEFORE 9PM THE PREVIOUS DAY

Pick (1 lunch, 1 starter, 1 main, 1 dessert)

## LUNCH

## GUEST

1 2

*Poke bowl with salmon (rice, kimchi and cucumber salad)*

☐☐

*Baked root fruits & hummus topped with edamame beans and pistachio nuts  
(Vegetarian)*

☐☐

*Edamame chili dip with veggie sticks  
(Served with rocket and walnut salad & raw crackers) (Vegan)*

☐☐

## DINNER

### Starter

*Three takes on fish*

☐☐

*Cucumber salad with avocado & cashews (Vegan)*

☐☐

### Main

*Boiled chicken in sour sweet dill sauce, baby potato & radish*

☐☐

*Asparagus quiche with soup (Vegetarian)*

☐☐

*Poké bowl with black rice, sesame carrots and creamy cabbage (Vegan)*

☐☐

### Dessert

*Pineapple & apple carpaccio  
(served with paleo ice cream, flaked almonds)*

☐☐

*Vegan carrot cake (Vegan)*

☐☐

ROOM NR: