



Healthy Vibes

Retreat menu



Appetizers

- Basil Pesto Quinoa with Carrot & Cucumber
- Beetroot Hummus with Roast Sweet Potato
- Jicama Tempeh Quinoa Sushi with Sesame Dressing
- Papaya Cranberry Salad with Passion Fruit & Lime
- Gado Gado Tempeh Salad with Cashew Kaffir Dip
- Sea Kelp Pumpkin & Radish Miso Soup with Soba Noodle
- Pumpkin Potato Soup with Rosemary Brown Rice Flatbread



Main Courses

- Cucumber Quinoa Tabbouleh Salad with Guacamole Salsa
- Roast Pumpkin Capsicum & Tomato with Kimchi Sorghum Pancake
- Minestrone Soup with Grilled Aubergine & Kale Amaranth Sandwich
- Chickpea Chia Seed Pancake with Avocado & Dill
- Romesco & Sautéed Mushroom with Beetroot Tapioca Rice Cake
- Galangal Lemongrass Turmeric & Mushroom Fried Brown Rice
- Cilantro Mushroom Dumpling Soup with Konjac Noodle
- Green Basil Eggplant Curry with Brown Rice
- Cabbage Curry Laksa with Red Rice Noodle Soup



Desserts

- Blueberry & Raspberry Fig Pudding
- Cacao Lavender & Chia Seeds Pudding
- Cardamon Brownie with Almond Meal
- Passion Fruit Coconut Scone
- Acai Maqui Banana Cake
- Lemon Poppy Seed Cake
- Saffron Orange Cranberry Cookie
- Raw Berry Cacao



Enjoy Your Healthy Meal