

## wellness sample menu

75 per person (min. 10 - max. 90 guests)

price per person includes hire of a private space between 9am – 5pm

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### arrival

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selection of juices - cranberry, orange, apple

fresh fruit salad

greek yogurt, berry compote, dried fruits, toasted seeds and oats (v) (contains gluten)

tapioca, coconut and mango pudding (ve) (gf)

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### lunch

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rosemary and sun-dried tomato focaccia (ve) (contains gluten)

orange marinated tofu and baba ghanoush taco (ve) (contains gluten)

quinoa, heritage beetroots, orange roasted carrots, toasted seeds (ve) (gf)

baked sweet potato, grilled broccoli and corn, pomegranate and mint (v) (gf) (contains dairy)

rice noodles, spring onion, peas and broad beans, sesame and lime dressing (ve) (gf)

beetroot hummus (ve)

tzatziki (v)

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### afternoon break

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selection of herbal teas

protein balls (ve) (gf) (contains nuts)

fruits and pecan flapjack (ve) (gf) (contains nuts)

