

## PLANT-BASED MEAL PLAN

Welcome to your Retreat Inclusive and your mindful meal plan during your stay.

### BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE, DINNER LIKE A PAUPER

Your meal plan prioritizes kickstarting the day with a substantial breakfast to boost metabolism and provide energy for activities. Guests can freely choose from our extensive plant-based buffet or a la carte menu for breakfast. Lunch consists of a plant-based 3-course meal, and dinner offers a raw 2-course meal. This strategic distribution of calories aims to offer energy for the day's pursuits while easing digestion in the evening.

### PLANT-BASED

We've crafted a plant-based meal plan that's abundant in essential nutrients, encompassing both micro and macro nutrients, healthy fats, protein, and fiber. All your meals will be centered around vitamin-rich vegetables and fruits, providing a wealth of antioxidants. Fats and protein sources include nuts, seeds, and legumes, offering a wholesome alternative to meat. Notably, our dinner menu features fruit as a starter, which can enhance the feeling of fullness and contribute to stable blood sugar levels, thanks to its fiber content.

Our plant-based diet provides a healthy and enjoyable way to give your body a respite from digesting unhealthy fats and animal proteins throughout your retreat. If you're contemplating a permanent shift to a plant-based diet, we recommend consulting a physician or nutritionist. Individual nutrient requirements vary based on factors like age, activity levels, and health status. Therefore, a balanced plant-based diet at home is crucial to avoid any risk of malnutrition.

### DIRECTIONS FOR BREAKFAST

Enjoy our plant-based items from the breakfast buffet or order a la carte from our restaurants or in-room service. Should you find yourself feeling hungry, ensure that you stay well-hydrated by consuming plenty of water. If hunger lingers, consider snacking on nuts and seeds, and perhaps treat yourself to a refreshing coconut, packed with electrolytes.

### BENEFITS OF "KING-PRINCE-PAUPER" DIET

*Enhanced Metabolism, Better Sleep, Balanced Hormones, Increased Physical Activity, Improved Digestion, Stable Blood Sugar Levels, Reduced Stress and Anxiety*

### BENEFITS OF PLANT-BASED DIET

*Improved Mood, Increased Energy Levels, Better Cognitive Function, Reduced Anxiety and Stress, Enhanced Sleep Quality, Weight Management*

## PLANT-BASED MENU

### MONDAY

- Lunch
- GRILLED ASPARAGUS**  
With lime scented oil, cashew, paprika & poppy seed crumbs, served with fresh mint & radish salad
- QUINOA & VEGETABLE NEATBALLS**  
Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs
- TAMARIND PINEAPPLE SKEWERS**  
Spiced, pineapple wedges roasted with tamarind & chilli, served with coconut sorbet
- Dinner
- GREEN MANGO SALAD**  
With pineapple, guava & fresh garden herb pesto
- VIETNAMESE RAW PHO**  
With shitake, bean sprouts & edamame

### ▶ TUESDAY

- Lunch
- MUSHROOM DUMPLINGS**  
Shitake & chive dumplings with ginger, mushroom broth
- ROASTED CAULIFLOWER**  
Turmeric cauliflower with shallot puree & roasted pumpkin, with fresh radish, beetroot discs & sprinkled with toasted almonds
- ASIAN PEAR CRUMBLE**  
Caramelized, spiced poached pears, served with a seed crumble & coconut caramel sauce
- Dinner
- CHILLED WATERMELON & LIME SOUP**  
Watermelon & limes, combined with ginger & topped with fresh mint
- RAW LASAGNA**  
3 layers of delicious plant-based cheese, sun-dried tomato sauce & homemade avocado

### ▶ WEDNESDAY

- Lunch
- GARDEN SPRING ROLLS**  
Fresh spring rolls with toasted sunflower seeds, bean sprouts, assorted raw vegetables and Vietnamese herbs. Served with a peanut dipping sauce
- PUMPKIN & BUCKWHEAT RISOTTO**  
Asian mushrooms, kale & pumpkin cooked in risotto style with coconut cream. Served with herb pesto
- CHOCOLATE ESPRESSO TART**  
Oats & almond filled with dark chocolate, cocoa, cashew, espresso filling on salted peanut praline
- Dinner
- WARM CITRUS SALAD**  
Spiced pomelo & orange segments with star anise & cinnamon
- RAW VEGETABLE RICE**  
Cauliflower, carrots, mushrooms, sprouts, red pepper with tamarind & orange sauce

## PLANT-BASED MENU

### THURSDAY

#### Lunch CHILLED CUCUMBER & LIME SOUP

Cucumber & limes, combined with green peppercorns & topped with chives & fresh coriander

#### SWEET POTATO & CHICKPEA PATTIES

With tahini, garlic sauce & served with a fresh mustard cress & avocado salad

#### TROPICAL TARTLETS

Fresh mango, lime, turmeric in coconut & cashew base, sprinkled with almonds

#### Dinner POMELO & WATERMELON SALAD

With sprouts, green chilli, fresh garden herbs & black sesame seeds

#### RAW BEETROOT RAVIOLI

Filled with cashew and garlic herb, served on avocado carpaccio and sprinkled with black sesame and lime

### FRIDAY

#### Lunch CHILLED TOMATO ESSENCE

Clear essence of raw tomato with basil, garlic & red pepper

#### ROAST BUTTERNUT WITH SPICED PEANUTS

Sous vide butternut roasted, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes

#### RAW BANOFFIE TRIFLE

Layered trifle combining cashew, almond, maple, dates & fresh bananas

#### Dinner MANGO AND PINEAPPLE SOUP

Chilled fresh mango & pineapple topped with a chilli & mint salsa

#### FRESH GARDEN SALAD

With avocado, baby carrots, cucumber shavings, cherry tomato, sprouts & radish

### SATURDAY

#### Lunch SMOKED AUBERGINE

With furikake sprinkle, grilled baby bok choy & ponzu sauce

#### CITRUS GLAZED TOFU

Pan fried in orange, ginger, maple, served with sesame stir fried bok choy & organic brown rice noodles

#### CHOCOLATE MOUSSE

With peanut butter truffles & maple almond roasted bananas

#### Dinner ANTI-AGING FRUIT SALAD

Grapes, berries, kiwi salad with lime & pomelo dressing

#### ZUCCHINI NOODLES

Tossed in homemade garden basil pesto sauce with kale & steamed asparagus

### SUNDAY

#### Lunch SAVORYTARTS

Spinach, mushroom & almond tart served with saffron falafel, a creamy cashew & mushroom sauce

#### SMOKED CAULIFLOWER

Garlic & turmeric roasted cauliflower with sweet corn puree, quinoa with herbs crisp moringa leaves lightly smoked with green tea

#### HIBISCUS POACHED PEARS

With dark chocolate & coconut sauce, sprinkled with toasted hazelnuts

#### Dinner DIGESTIVE & SPICY PAPAYA SALAD

With papaya, papaya seeds, apple, tangerine & passion fruit dressing

#### BANANA BLOSSOM SALAD

With apples, carrots, shallots tossed in citrus juice with lime leaf pesto