

PLANT-BASED MEAL PLAN

Welcome to your retreat and the mindful, plant-based meal plan included with your stay

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

This thoughtfully designed meal plan begins with a nourishing breakfast to fuel your day and boost metabolism. Guests can enjoy a wide variety of options from our plant-based buffet or order à la carte. Lunch features a satisfying 3-course menu, while dinner is a light 2-course meal- the gentlest of the day- supporting easy digestion and restful sleep.

WHY PLANT-BASED?

Our meals are rich in essential nutrients- vitamins, minerals, healthy fats, fiber and plant-based protein. Each dish highlights vibrant vegetables and fruits, with legumes, nuts and seeds as wholesome protein and fat sources. Dinners are intentionally light and easy to digest and may include fruit, which can help satisfy hunger and support balanced blood sugar levels through its natural fiber.

Each day's meals are carefully crafted to meet the nutritional needs of a moderately active lifestyle. If you're engaging in more intense physical activity during your stay, let us know- we're happy to adjust portion sizes to ensure you get the protein and calories your body needs.

This plant-based plan also gives your body a welcome break from processed fats and animal products. If you're considering continuing a plant-based diet after your retreat, we recommend consulting a physician or nutritionist, as individual needs vary based on age, activity level and health conditions.

BREAKFAST GUIDELINES

Help yourself to our breakfast buffet or order à la carte from our restaurants or in-room service. If you feel hungry between meals, be sure to stay hydrated. You're also welcome to enjoy snacks like nuts, seeds, or a refreshing coconut, rich in electrolytes.

BENEFITS OF "KING-PRINCE-PAUPER" APPROACH

Enhanced Metabolism, Better Sleep, Balanced Hormones, Improved Digestion, Stable Blood Sugar, Reduced Stress & Anxiety

BENEFITS OF A PLANT-BASED DIET

*Improved Mood, Increased Energy, Sharper Focus, Reduced Anxiety
Better Sleep, Weight Balance*

PLANT-BASED
MENU

MONDAY (DAY 1)

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| Lunch | KALE SALAD Green apple, walnut, cranberry & Dijon mustard sauce SPROUTS PAD THAI With tofu, roasted peanut & chive MANGO STICKY RICE Ripened mango & young coconut cream |
| Dinner | CAULIFLOWER COCONUT SOUP Potato, red chilli, garlic, onion & coconut milk served with julienne lime leaf ASIAN VEGETABLE SPAGHETTI Carrot, chayote, kohlrabi, Japanese green beans white radish, sesame, cashew nuts & spring onion |

► TUESDAY (DAY 2)

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| Lunch | MUSHROOM & TOFU DUMPLINGS Delicate dumplings filled with savory tofu & mushrooms, served in a hot vegetable broth QUINOA & VEGETABLE MEATBALLS Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs COCONUT PROTEIN NICE CREAM A creamy, dairy-free coconut-based treat infused with plant protein |
| Dinner | MANGO & PINEAPPLE SOUP A light & fruity chilled soup with a tropical touch VEGETABLE "LASAGNA" Three layers of delicious plant-based cheese sun-dried tomato sauce & homemade avocado pesto, stacked with grilled zucchini sheets |

► WEDNESDAY (DAY 3)

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| Lunch | STEAMED ASPARAGUS Lime-scented asparagus with cashew, paprika & black sesame crumbs, served with a fresh mint & radish salad PUMPKIN & BUCKWHEAT RISOTTO Asian mushrooms, kale & pumpkin cooked risotto-style with coconut cream, served with herb pesto CHOCOLATE TOFU MOUSSE A rich, high-protein chocolate mousse made with tofu |
| Dinner | CHILLED WATERMELON & LIME SOUP Watermelon & lime blended with ginger, topped with fresh mint SAUTÉED VEGETABLES WITH CURRY SAUCE Cauliflower, carrots, mushrooms, sprouts & red pepper in a fragrant coconut curry sauce |

PLANT-BASED
MENU

THURSDAY (DAY 4)

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| Lunch | <p>CHILLED CUCUMBER & LIME SOUP</p> <p>Cucumber & limes, combined with green pepper- corns topped with herbs served with edamame & lotus seed</p> <p>SWEET POTATO & CHICKPEA PATTIES</p> <p>Served with tahini garlic sauce, fresh mustard cress & avocado salad</p> <p>HIBISCUS POACHED PEARS</p> <p>Pears poached in hibiscus tea, served with dark chocolate & coconut sauce sprinkled with toasted hazelnuts</p> |
| Dinner | <p>SAVORY TARTS</p> <p>Spinach, mushroom & almond tart served with saffron falafel & a creamy cashew-mushroom sauce</p> <p>CITRUS GLAZED TOFU</p> <p>Pan-fried tofu with orange, ginger & maple glaze, served with sesame stir-fried bok choy & organic brown rice noodles</p> |

► FRIDAY (DAY 5)

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| Lunch | <p>CHILLED TOMATO ESSENCE</p> <p>A light, clear tomato essence with basil garlic & red pepper</p> <p>PEARL BARLEY WOK BOWL</p> <p>Red capsicum, shiitake mushroom, carrot & coconut milk</p> <p>SALTED PEANUT BUTTER BAR</p> <p>A satisfying, nutty energy bar with a touch of sea salt</p> |
| Dinner | <p>POMELO & WATERMELON SALAD</p> <p>With sprouts, green chilli, fresh garden herbs & black sesame seeds</p> <p>VIETNAMESE PHO AN CHAY</p> <p>Shiitake mushroom, edamame, bean sprout & basil</p> |

► SATURDAY (DAY 6)

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| Lunch | <p>TOMATO & STRAWBERRY SALAD</p> <p>Fresh tomatoes, strawberries, red onion garlic & chives with herbs</p> <p>BAKED FALAFEL WITH VEGAN TZATZIKI & VEGETABLES</p> <p>Flax seeds , sunflower seeds served with romaine lettuce & baby cucumber</p> <p>TAMARIND PINEAPPLE SKEWERS</p> <p>Spice, pineapple wedges with tamarind & chilli, served with coconut sorbet</p> |
| Dinner | <p>NORI ROLLS</p> <p>Carrot, avocado, cucumber served lettuce & tahini citrus dipping sauce</p> <p>LOTUS ROOT WITH GARLIC & BLACK BEAN</p> <p>Green capsicum, black bean paste & red chilli</p> |

► SUNDAY (DAY 7)

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| Lunch | <p>GREEN MANGO SALAD</p> <p>With shiitake, bean sprouts & edamame</p> <p>ROASTED CAULIFLOWER</p> <p>Turmeric cauliflower with shallot puree with fresh radish, beetroot slices & sprinkled with toasted almonds</p> <p>RAW BLUEBERRY CHEESECAKE</p> <p>With almond, date, cashewnut & coconut milk</p> |
| Dinner | <p>MISO SOUP</p> <p>Wakame, enoki mushrooms, beech mushrooms, cubed tofu & sliced leek</p> <p>ROAST BUTTERNUT WITH SPICED PEANUTS</p> <p>Sous vide roasted butternut, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes</p> |

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MONDAY (DAY 8)

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| Lunch | SWEET PALERMO PEPPER SALAD Sweet peppers with sesame seeds, chili & mint |
| | WHITE QUINOA PESTO PILAF Quinoa with walnuts, broccoli, Italian basil & peas |
| | CREAMY LEMON BARS Walnut, oat & date with coconut cream, cashew & lemon |
| Dinner | GREEN PEA SOUP Green pea with onion, garlic & basil |
| | BEETROOT RAVIOLI Beetroot with balsamic vinegar, nutmeg & crumbled walnuts |

► TUESDAY (DAY 9)

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| Lunch | FRESH SPRING ROLLS King oyster mushroom, paprika & hoisin sauce |
| | KOREAN LENTIL BULGOGI Lentils with shiitake mushroom, kimchi & broccoli |
| | EARL GREY CHIFFON WITH STRAWBERRY Coconut custard |
| Dinner | CRUNCHY QUINOA & PEANUT SALAD Quinoa with cabbage, snow pea & peanuts |
| | MISO BRAISED CABBAGE Stewed cabbage with miso, sesame seeds & arugula |

► WEDNESDAY (DAY 10)

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| Lunch | JAPANESE SOMEN COLD NOODLE SOUP Mushroom, seaweed, Kikkoman & spring onion |
| | STUFFED BELL PEPPERS Tofu with sundried tomatoes & organic rice |
| | APPLE CRISP Apple with cinnamon, maple syrup & pecan granola |
| Dinner | CARROT & ARGANÉ SOUP Carrot with ginger & coconut cream |
| | TONKIN FLOWER STIR FRY Smoked king oyster mushroom with basil |

PLANT-BASED
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THURSDAY (DAY 11)

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| Lunch | BABA GANOUSH WITH POMEGRANATE Eggplant with tahini, parsley & sesame cracker BARLEY MUSHROOM RISOTTO Barley with mushroom, garlic, onion & pine nut PASSION FRUIT MOUSSE Coconut with passion fruit, oat & chickpea foam |
| Dinner | LOTUS SALAD Lotus shoot & root with peanut & smoked mushroom GRILLED TOFU AND DAIKON Tofu with daikon, spring onion, lime leaf & chili soy |

► FRIDAY (DAY 12)

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| Lunch | BANANA BLOSSOM SALAD WITH TOFU Banana blossom with carrot, tomato, tofu & peanut VIETNAMESE CURRY Coconut milk with carrot, sweet potato & tofu LIME, LEMONGRASS & GINGER SORBET Lime zest with lemongrass & ginger |
| Dinner | BUTTERNUT SOUP Butternut with onion, garlic, cranberry & apple crouton TEMPEH & PINEAPPLE KEBABS Tempeh with grilled pineapple, red onion, peanut sauce & rice |

► SATURDAY (DAY 13)

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| Lunch | GAZPACHO SOUP Cucumber, onion & red pepper with olive oil BAKED BEANS & SPINACH White beans with spinach & kale BANANA SPLIT Grilled banana with coconut ice cream & raspberry sauce |
| Dinner | SLAW WITH MAPLE CANDIED NUTS Cabbage & carrot with cashew, almond & pecan GREEK CHICKPEA STEW Chickpeas with spinach & tahini |

► SUNDAY (DAY 14)

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| Lunch | SMOKY STUFFED MUSHROOMS Mushroom with fennel, red onion & dates SESAME GINGER SOBA Soba with red pepper, carrot, coriander & tahini sauce PINEAPPLE CARPACCIO Pineapple with coconut custard & blueberry |
| Dinner | KING OYSTER NIGIRI King oyster mushroom with soy, sesame oil & rice RED CURRY Red curry with ginger, broccoli, coconut & sweet potato |