

MENU

SAMPLE MENU 1

BREAKFAST

Juice: Orange, Carrot, Apple with Parsley Juice
Main Course: Scrambled Tofu with Grilled Asparagus, Steamed Rice Dumplings with coconut chutney
Fruit Platter, Oats, cereals, Six grain Bread, Preserves & sprouts Freshly brewed herbal teas

LUNCH

Soup: Vegetable & Barley Broth
Salad: Roasted Cauliflower salad
Main Course: Stuffed Soya Pancakes, Grilled Vegetables in Pesto Sauce, Zucchini Fritters
Dessert: Cinnamon Pears | Fresh Fruits, Freshly brewed herbal teas

DINNER

Soup: Mushroom Soup
Salad: Radish & Spinach Salad
Main course: Yellow Lentils Tempered with Cumin, Sautéed marrow & Peas, Sautéed Tofu Brown Rice, Indian whole-wheat pancakes & Yoghurt
Dessert: Lemon Sorbet | Fresh Fruits, Freshly brewed herbal teas



South Indian Meal



Lemon Cheese Cake



Mushroom & Peas Masala

SAMPLE MENU 2

BREAKFAST

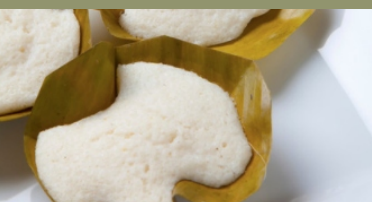
Juice: Pomegranate & Coconut
Main Course: Rice pancakes with Potatoes, Indian Lentils & Mint chutney Fruit Platter, Porridge, Whole wheat Bread, Dry fruits & Preserves Freshly brewed herbal teas

LUNCH

Soup: Herb Soup
Salad: Crisp green Salad
Main Course: Whole wheat Ravioli in Mushroom Sauce, Sautéed Pumpkin & Baby corn, Soya Fritters
Dessert: Grilled Pineapple with orange Sauce, Freshly brewed herbal teas

DINNER

Soup: Mulligatawny Soup
Salad: Cucumber, Carrot & Dill Salad
Main course: Green lentils, Mushroom & Peas Masala, Sautéed Fresh Greens Brown Rice, Red millet pancakes, Yoghurt
Dessert: Coconut & Cinnamon Ice-cream, Freshly brewed herbal teas



Steamed Rice Dumplings with Chutney



Stuffed Pancakes



Pumpkin Soup

SAMPLE MENU 3

BREAKFAST

Juice: Sweet lime & mint
Main Course: Semolina with vegetables & Waffles with Fruit Compote Fruit Platter, Oats, Multi grain Bread, Preserves & Freshly brewed herbal teas

LUNCH

Soup: Roasted Bell pepper & Turnip Soup
Salads: Burnt Corn salad
Main Course: Whole wheat Pita, Hummus, Grilled Vegetables in Pesto Sauce, Roasted Carrots
Dessert: Lemon cheese cake | Fresh Fruits, Freshly brewed herbal teas

DINNER

Soup: Pumpkin Soup
Salads: Beetroot & Star fruit Salad
Main course: Steamed dumplings in yoghurt Gravy, Vegetable Jalfrezi, Chick Pea Masala Carrot & Peas Pulao, Mixed Flour pancakes, Yoghurt
Dessert: Carrot Pudding, Freshly brewed herbal teas