



Nourri

Plantbased Week

ARRIVAL DAY

Nibbles

Sparkling wine

With a selection of Appetisers

DINNER

MOROCCAN NIGHT

Carrot & orange soup

Chickpea couscous with roasted butternut, courgette, feta, pomegranite

Lemon & mint dressing

Seasalt & rosemary flatbread

Homemade hummus for dipping

*

Dark chocolate mousse, salted caramel & orange blossom

Day 2

BREAKFAST

WARMING APPLE CRUMBLE

Rolled gluten free oats cooked with apples, raisons, cinnamon and homemade almond milk, topped with roasted walnuts, almond crumble & caramelized apples

DINNER

LASAGNA

Vegetable lasagna

Garlic bread

Garden green salad

*

Tiramisu

DAY 3

BREAKFAST

AVO KID YOU NOT

Toasted sourdough bread with smashed lemon avocado, tomato, feta and microgreens.

DINNER

GADO GADO

Gado Gado, toasted tempeh and sateh sauce accompanied by saffron-infused coconut rice and pickled cucumber.

*

White chocolate & Matcha cheesecake

DAY 4
CHEFS DAY OFF

DAY 5

BREAKFAST
HALOUMI JOY

Toasted sourdough bread with homemade hummus, fried Haloumi and roasted cherry tomatoes.

DINNER

CHEESY BUTTERNUT PIE

Butternut, caramelized onions, cheddar & feta pie

Mashed potato and onion gravy

Green peas

*

Apple & red berry crumble with crème Anglaise

DAY 6

BREAKFAST

PEAR AND HONEY DELIGHT

Poached pear, honey and

rolled gluten free oats cooked with cinnamon and homemade almond milk, topped with roasted walnuts, cocoa and almond butter

DINNER

CASSOLET

Roasted garlic & vegetarian white bean cassolet

French Salad

Garlic bread

*

Lemon meringue tart & gooseberries

DAY 7

BREAKFAST

ZEUS CROSTINI

Toasted sourdough bread with scrambled tofu, roasted cherry tomatoes, avocado, kidney beans and rocket.

DINNER

VEGETABLE CURRY

Roasted cauliflower & aubergine curry served with fluffy basmati rice, and a fresh mint yoghurt dressing

*

Panna Cotta with Mango coulis

EXTRA BREAKFAST INFO

All our cooked breakfast items of the day are served with Italian coffee, a selection of Nourri tea

Milk & sugar

Fresh Orange Juice

Homemade Granola & Cornflakes

Yoghurt & Fresh Fruit



Nourri

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