

# MENU HIGHLIGHTS

## Teatime

- ✓ Hot Lemon Ginger / Herbal Drinks
- ✓ Seasonal Fruits (Banana, Papaya, Pineapple...)
- ✓ Nuts or Seeds (for protein)
- ✓ Unsweetened Dried Fruit.

## Brunch

- ✓ *Day 2:* Salad + Tridoshic Kitchari + melted ghee + fresh coriander chutney + sesame seed chutney + steam vegetables + breads + desert.
- ✓ *Day 3:* Kombucha + baked sweet potato, mashed + mixed salad with grated carrots, sprouts, and lemon tahini dressing or flax oil and balsamic vinegar + pumpkin- carrot- potato-onion- seasoning soup + breads + desert.

## Dinner

- ✓ *Day 1:* Carrot-ginger soup + steamed spring greens with flax oil + Organic brown rice or millet + herbal tea.
- ✓ *Day 2:* Bowl of mixed fruit + broccoli, spinach, onions, chickpeas sauteed in olive oil + baked sweet potato + Organic brown rice or millet + herbal tea.