DATU

Day 1

Dinner:

Spring vegetable stew

Day 2

Breakfast:

Vitality Boost – Tuscan spirulina, raw single origin Peruvian cacao, elderberry + rosehip stewed apples with raisins and cinnamon
buckwheat crepes with beetroot chutney

Lunch:

cicerchie stew
brown rice with roasted Vegetables, carrot + coriander salad, miso, tahini + herb oil
chamomile cake with hemp seed cream

Afternoon Tea:

rosehip, rooibos + lavender tea
einkorn + cashew cookies
sunflower + coconut laddu

Dinner:

Kitchari with vegetables + mung beans

Day 3

Breakfast:

Vitality Boost – Indian Moringa, raw single origin Peruvian cacao, elderberry + rosehip stewed apples with raisins and cinnamon
oat groat porridge with coconut + super seeds

Lunch:

Beetroot terrine with sunflower butter + hibiscus vinaigrette
Einkorn saffron risotto with black lentils, agretti + fermented beetroot
Rose + chia seed finger millet pudding

Afternoon Tea:

Ginger, elderberry + lavender tea
black rice crackers
hummus

Dinner:

Poha rice cakes with fennel, orange + rocket