*~Sample Menus~*

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

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

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