



Breakfast

Red Miso Broth with Broccoli, Sesame Seeds & Wakame

Sweet Rice & Millet Porridge Topped with Hazelnuts & Watercress

Upon request

Zucchini, Asparagus & Tomato Frittata with Corn Tortilla
& Braised Bell Peppers

**Contains oil*

Lunch

Lentil Walnut Pâté with Belgian Endive

White Bean Minestrone
Penne & Fresh Herbs

Cucumber, Radish & Wakame Salad
with Sesame Vinaigrette

Quinoa Pilaf with Barbecue Seitan
& Steamed Vegetable Medley
**Gluten-free option available*

Raspberry Bars with Crunchy Oat & Walnut Crust
**Gluten & Oil-free option available*

Dinner

Grilled Mixed Vegetables with Black Olive Pesto & Fresh Lemon

Creamy Potato & Artichoke Soup with Fresh Tarragon & Thyme

Chickpea Salad with Cherry Tomato & Lettuce

Vegetable Paella
**Oil-free option available*

Chocolate Orange Cake with Chocolate Orange Sauce