

Menu



Your time Yoga Wellness Retreat

All food is carefully prepared to avoid cross contamination and can be easily altered to suit special dietary requirements.

Friday evening

Sweet and sparkle

Healthy sweet treats, raspberry kombucha punch, sparkling rosé fruit punch, tea and coffee.

Saturday morning

Yogis choice

Selection of seasonal fruits, coconut and geek yoghurt, gluten free and wholegrain muesli, gluten free and wholegrain toast, various nut butters and spreads, manuka honey and tahini and eggs any way or make your own omelet with a selection of fresh veggies. Tea, coffee and orange juice.

Saturday lunch

Make your own salad

Fresh salad greens, beetroot, sprouts, seeds and nuts, quinoa, cous cous, roast pumpkin and kumera, roast chickpeas, feta, dressings and fresh heirloom wheat grain bread.

Saturday afternoon

Yogis platter

A selection of seasonal fruits and veggies, dips, crackers, nuts and seeds with olives and fresh heirloom wheat grain bread.

Saturday night

To begin

Olives, balsamic vinegar and olive oil dressing, fresh heirloom wheat grain bread and gluten free toast.

Wellness banquet

Buffet style banquet of roast chicken, veggies, fresh steamed beans and asparagus, pear and walnut salad, beetroot salad, zucchini fettuccini, spiced chickpeas with haloumi, horopito tapenade, vegan gf gravy, hummus and various dressings.

Fiery indulgence

Chilli chocolate mousse with candied chilli garnish. Vegan and gf. Tea and coffee.

Sunday morning

Yogis choice

Selection of seasonal fruits, coconut and geek yoghurt, gluten free and wholegrain muesli, gluten free and wholegrain toast, various nut butters and spreads, manuka honey, tahini, eggs any way and seasonal baked veggies. Tea, coffee and orange juice.