

Wellness Italy Sample Menu

BREAKFAST

Daily special: Shakshuka with avocado or local village eggs

Seasonal fruit platter with coconut yoghurt

Gluten free sourdough with homemade jam & dandelion honey

Chia oat pots with banana, blueberries & omega-rich seeds

Breakfast wraps with village eggs, tempeh bacon & homegrown tomatoes

Kombucha, smoothies, speciality teas & Italian coffee

LUNCH

Korean-style Miso Stew with local mushrooms,
sweet potato noodles & homemade kimchi

Raw Millionaire's Shortcake with Piemonte Hazelnuts

DINNER

Indian Thali-Style Banquet

Hara Bara Cutlets / Tempeh Mughlai / Tandoori Seasonal Veg / Tofu Saag

Darbar-style Mixed Dal / Pilaf Rice / Buckwheat Roti

Pomegranate Raita / Homemade Pickles & Chutneys

Peach & Passion Fruit 'Cheesecake' with Lime & Coconut Cream