



You are welcome to bring in your own chef for the weekend if you wish, we will allow them full access to our catering kitchen. Or if you would prefer, we can take care of all the catering for your retreat.

**Sample
Breakfast Menu**

Cornish Orchard's apple juice

Orange juice

Tea & coffee

Trewithen Dairy yoghurt

Homemade apple compote

~from our orchard~

Homemade granola

Bircher museli

Freshly baked pastries

A selection of toast

~bread from Bella Mama Deli in Lostwithiel~

Homemade raspberry jam

~picked from our kitchen garden~

Duchy Nursery honey

Butter & milk from Trewithen Dairy

Sample Lunch or Dinner Menu

Soups and Salads

Courgette, pea and basil soup

Curried lentil, homegrown tomato and coconut soup

Cumin spiced parsnip soup

Cauliflower, pistachio and pomegranate salad

Quinoa salad with vegan cheese, pomegranate and fresh herbs

Main Course

Sweet potato, lemon grass and coconut curry with rice

Roasted butternut squash with lentils and vegan cheese

Sweet potato and black bean shepherd's pie

Fettucine with spiced homegrown tomato sauce and basil

Puy lentils with aubergines, homegrown tomatoes and yoghurt

Roast vegetable and chickpea stew

Served with seasonable vegetables or salad from our kitchen garden

Puddings

Pink rhubarb and orange compote with Greek yoghurt

Raw blueberry cheesecake

Blood orange and coconut vegan mousse

Vanilla custard with roasted strawberries and rhubarb