

Wellness Menu – wheat & dairy free

	Day 1	Location
Dinner	Aubergine Parmigiana Vegan Spaghetti with spiralised Zucchini & Carrot With a coriander spirulina broth with Stone Bass fish.	The Restaurant
	Day 2	Location
On rising	Fresh lemon & warm water	In the room
Breakfast	Avocado on sour dough with Roasted tomatoes and Poached eggs	The Restaurant
Mid morning	Bfresh Juice of choice	The Studio
Lunch	Chicken with Ugo's Salad, with seasonal vegetables pomegranate, pumpkin seeds, spinach leaves & radicchio di Treviso	The Restaurant
Mid afternoon	Hummus with crudites	The Bar
Dinner	Vegan Lasagnetta with Mediterranean vegetables In basil and tomato sauce.	The Restaurant
Dessert	Avocado Dark Chocolate Mousse with Raspberries	The Restaurant
	Day 3	Location
On rising	Fresh lemon & warm water	In the room
Breakfast	Plain Porridge made with almond milk with compliments of cinnamon, maple syrup, fruit and berries and coconut.	The Restaurant
Mid morning	Bfresh Juice of choice	The Bar
Lunch	Buffet lunch	The Restaurant