

## Wellness Menu – vegan menu

	<b>Day 1</b>	<b>Location</b>
<b>Dinner</b>	Aubergine Parmigiana  Shiitake mushrooms with spiralised courgettes & carrots.	The Restaurant
	<b>Day 2</b>	<b>Location</b>
<b>On rising</b>	Fresh lemon & warm water	In the room
<b>Breakfast</b>	Avocado on sour dough with spinach, mushrooms & tomatoes	The Restaurant
<b>Mid morning</b>	Bfresh Juice of choice	The Bar
<b>Lunch</b>	Vegan pattie with Ugo's Salad of roasted baby parsnips, heritage carrots and seasonal vegetables	The Restaurant
<b>Mid afternoon</b>	Hummus with crudites	The Bar
<b>Dinner</b>	Vegan Lasagnetta with Mediterranean vegetables In basil and tomato sauce.	The Restaurant
	<b>Day 3</b>	<b>Location</b>
<b>On rising</b>	Fresh lemon & warm water	In the room
<b>Breakfast</b>	Plain Porridge made with almond milk with compliments of cinnamon, maple syrup, fruit and berries and coconut.	The Restaurant
<b>Mid morning</b>	Bfresh Juice of choice	The Bar
<b>Lunch</b>	Buffet lunch -healthy option	The Restaurant