

GAIA CUISINE

MENU

THURSDAY

WELCOME SNACKS

SEASONAL FRUITS, CRACKERS, DIPS, DRY
FRUITS & ROASTED NUTS
TEA

DINNER

AYURVEDIC KITCHARI
SEASONAL ROASTED VEGETABLES
GREEN SALAD
SWEET MUSTARD DRESSING

FRIDAY

BREAKFAST

HOMEMADE SOURDOUGH BREAD
SCRAMBLE EGGS
AVOCADO
DUKKAH
COCONUT CHIA PUDDING
HOMEMADE GRANOLA
SEASONAL FRUITS
HONEY
COFFEE / TEA

LUNCH

- BLACK RICE, TEMPEH, RAINBOW THAI SALAD, CASHEW TAMARI DRESSING, ROASTED SEEDS, MISO ROASTED VEGGIES,
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AFTERNOON TEA

CHAI & GF BEETROOT TAHINI BROWNIE
ROASTED NUTS

DINNER

MOROCCAN TAJINE VEGGIES
FLAVOURED RICE (BASMATI RICE,
TURMERIC, DATES & ALMONDS)
TAHINI
STEAMED GREENS
SPROUTS SALAD

SATURDAY

BREAKFAST

HOMEMADE SOURDOUGH BREAD
SHAKSHUKA
DUKKAH
COCONUT CHIA PUDDING
HOMEMADE GRANOLA
SEASONAL FRUITS
HONEY
COFFEE / TEA

LUNCH

SPICED ROASTED PUMPKIN
SMOKED CHICKPEAS
ROASTED MUSHROOMS
POLENTA
SALAD
VEGGIES ON TOMATO SAUCE

AFTERNOON TEA

SPICED ORANGE & POLENTA CAKE
ROASTED NUTS
HIMALAYAN TEA

DINNER

SHEPPERDS PIE WITH MOROCCAN LENTIL
SEASONAL SALAD
SAUTED GREENS & QUINOA

SUNDAY

BREAKFAST

SOURDOUGH BREAD
AVOCADO
ROASTED MUSHROOMS & TOMATOES
DUKKAH
COCONUT CHIA PUDDING
STEWED SEASONAL FRUITS
HONEY
COFFEE / TEA