



**BLOOMSBURYS**  
B I D D E N D E N est.2007

## Yoga retreat Menu

17/3/24

£18.00 pp including glass of elder flower presse or sparking mineral water  
Please inform us of any dietary requirements or allergies.

### **Bloomsburys superfood salad**

Tri coloured quinoa, roasted butternut, smoked tofu, pomegranate, blueberries, pink grapefruit, Himalayan pink salt massaged cavolo nero, maple syrup roasted Brazil nuts, sesame seeds, balsamic glaze.

Ve/GF

### **Spinach and ricotta lasagne**

A rich slow cooked tomato base with oodles of ricotta and cream cheese, spinach fresh picked out of the garden. Served with a hand cut vegan coleslaw and green mixed salad.

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### **Free range egg frittata**

Filled with sweet potato, sun blush tomato, black olives, red onion, served with a carrot and cumin slaw, mixed local dressed leaf salad.

V/GF