

# REVIVA

## BREAKFAST

Chai spice pear and banana smoothie

Banana and hemp seed pancakes served with sweet and spicy jams

Chia breakfast pudding with almond milk, topped with berries and seeds

Overnight oats with mixed seeds and raspberry puree, topped with blueberries and coconut

## LUNCH

Courgette, carrot and corn fritters

Cajun spiced marinated grilled tofu with avocado in seeded gluten free wraps

Marinated beetroot 'ravioli' filled with a homemade cashew and fine herb ricotta vegan cheese

Spring vegetable risotto served with a homemade spinach pesto

## DINNER

Moroccan cauliflower soup

Aubergine and courgette lasagne

Roasted cauliflower served on a bed of quinoa with asparagus and almond puree

Sweet potato and lemongrass curry with brown rice

Tomato, olive, caper, artichoke and flaked almond salad

Massaged kale salad with mango

## DESSERTS

Vegan cacao mousse with peanut crumble base and dark chocolate

Creamy soy yoghurt with dark chocolate and orange

Vegan sweet potato chocolate mousse with sea salt and smoked paprika

## SNACKS

Methi, date and cashew raw balls

Baba ghanoush, houmous and crudites

Chocolate orange protein balls