

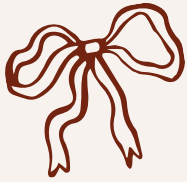
RETREAT MENU

We have the wonderful Private Chef Emma - founder of The Ginger Table, joining us on our first Sama Scarlett Retreat, and when I say she'll be catering to your every need, I really mean it. Here's a peek at the menu so you can start getting excited xx



samascarlett





FRIDAY DINNER

Welcome Canapés

Olive tapenade with lemon-whipped cream cheese

Slow roast tomato & basil pesto

Served on crackers & cucumber

Creamy courgette Beanotto

Creamy courgette beanotto, toasted pine nuts, parsley,
basil & lemon zest

Rocket salad with lemon vinaigrette

Dark Chocolate Mousse

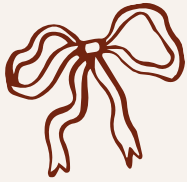
With clotted cream, olive oil & sea salt

Sleepy tea



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SATURDAY BREAKFAST

Tahini Spiced Oats

With berry compote, seeds and pistachios

Sourdough with Butter

SATURDAY LUNCH BEACH PICNIC

Focaccia Sandwiches

Classic – parma ham, mozzarella, sun-dried tomatoes,
basil, rocket, olive oil and cracked black pepper

Vegetarian – roasted courgette & pepper, mozzarella,
pesto, sundried tomatoes, basil

Vegan – hummus, roasted peppers, courgette, rocket,
basil, olive oil & lemon

Mediterranean Chickpea, Cucumber & Tomato Salad

Sweet Potato Tortilla Chips

Energy Balls

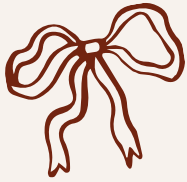
Lemon & Mint Water

Herbal Tea



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SATURDAY DINNER

Grazing table

Breadsticks, crudités, dips, olives

Sesame-Ginger Glazed Salmon or Tofu

Coconut jasmine rice
Crunchy Asian slaw
Cucumber & sesame salad

Honey Roasted Apricot Pavlova Tower

With flaked almonds, thyme marscapone & brown butter

SUNDAY BRUNCH

Red Pepper, Spinach & Feta Frittata

With roasted tomatoes, avocado & rocket

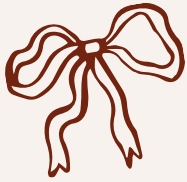
Sourdough & Butter

Strawberry & Coconut Chia Pudding



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PLEASE NOTE:

This is our current planned menu; there may be slight changes between now and the retreat in order to make sure we use as fresh and seasonal ingredients as possible.

If you have any allergies or dietary requirements, these will be catered for to make sure there's something that you love xx



*sama*scarlett

