



## **Super food menu**

*This menu has been designed with a focus on healthy foods prepared in ways to get the best out of them in flavor using minimal amounts of added fats such as oil, butter, and cream during the cooking process. As more and more of us are becoming aware of the benefits of some of these foods can have, we thought it*

### **Starters:**

**Salmon Carpaccio, crème fraiche and dill dressing, garnished with watercress and wild edible flowers**

**Raw shaved beetroot and onion wild rocket with crumbled feta and walnuts**

**Quinoa, grilled aubergines, flaked almonds, pomegranate seeds and avocado**

### **Mains:**

**Chicken breast poached in coconut milk infused with chili, lemongrass and ginger served with vermicelli glass noodles with spinach**

**Sea bass cooked en papillote (in a bag made of paper) with lime, ginger, and coriander served with a courgette spaghetti and tender stem broccoli**

**Ostrich steak (tender, flavorsome and extremely lean meat) served with oven roasted sweet potato and rosemary wedges, and roasted mushrooms and cherry tomatoes (the healthiest steak and chips you'll ever encounter!)**

## **Desserts:**

**Raw chocolate and avocado cake with a nutty base (completely gluten free)**

**Watermelon granita with fresh watermelon**

**Grilled peaches with Greek yogurt and honey caramelised pecans**

## **Optional extras**

**Freshly made rosemary focaccia and olives**

**Homemade hummus and grilled pittas and vegetables**

**Zucchini fritti (courgettes fried in a light batter)**

**Side salad of rocket, local cherry tomatoes and Parmesan olive oil and  
Balsamic vinegar**

**Selection of greens – whatever's looking good at the farmers market!**