Light Half of the Year ~ Retreat Menu

We've handpicked some of our favourite dishes to create a plant-rich, nourishing retreat menu that's perfect for groups. Before you arrive, we'll reach out to take your order for each day of your stay. We can also provide breakfast and lunch.

How it works: Choose one dish per day for your whole group. Our award-winning chefs will craft your food in our own kitchens and deliver everything you need at the time agreed.

Lunch

Vegan and Gluten Free

Available between 12pm-2pm

Spring Buddha Bowl

Tricolour quinoa, local organic leaves and roasted root vegetables with a lemon-herb chickpea smash and cider vinegar apple slaw. Topped with toasted seeds and tahini dressing.

Rainbow Quinoa & Spicy Tempeh Bowl

A large base of quinoa and purple cabbage topped with Cider-Glazed Tempeh. Served with a fiery carrot, ginger and orange salad.

Sweet Potato & Chickpea Fritters

Three fritters served with a generous dollop of garlic-beetroot hummus and a bitter herb salad (parsley, mint, and coriander).

Root Hash & Harissa Bowl

Crispy rosemary potatoes and beets, topped with spicy harissa oil, toasted seeds and tahini-coconut yogurt.

Allergies and intolerances: we are happy to cater for allergies and intolerances. Please let us know about any special dietary requirements at least 72 hours before your group's arrival.

Evening Meals

Vegan and Gluten Free

Available between 5pm-7pm

Pea & Edamame Risotto

Rich brown arborio rice base fortified with edamame beans and a garden pea and mint puree. Served with a side of charred asparagus and radish salad with a lemon-hemp dressing.

The Solar Tart

A dense protein-crust (almond/flax) filled with savory garlic-leek mousse and roasted heritage carrots. Served with bitter spring greens and a cider vinaigrette.

Chickpea & Wild Garlic Gnocchi

Pan fried gnocchi tossed in a walnut and foraged ramson (wild garlic) pesto. Served with balsamic roasted chickpeas and wilted spinach.

The Beltane Braze

Harissa-charred cauliflower steaks served over a bed of Red Lentil & Somerset Cider Dahl. Served with a cooling cucumber, mint, and pomegranate raita.

The Shepherdess Spring Pie

A filling dish of green lentils, walnuts, and leeks in a savory gravy, topped with a thick mashed sweet potato and parsnip crust. Served with steam-sautéed spring cabbage.

The Avalon Green Curry

A protein-packed coconut curry featuring extra-firm tofu, snap peas, and broccoli. Served over a 50/50 blend of brown rice and green lentils.

The Grand Spring Roast

A substantial Savory Nut & Seed Loaf (cashews, walnuts, and fava beans) served with a rich cider and caramelised onion gravy. Served with minted new potatoes and sautéed rainbow chard and greens.

Dessert

Vegan and Gluten Free

Available between 12pm-7pm

Earth-Bound Cacao Ganache
Rich, velvet dark chocolate and roasted beetroot ganache, served with a salted pistachio soil and a raspberry reduction.

Warm Hearth Spiced Somerset Cider Pears
Local pears slow-poached in traditional cider, star anise, and cinnamon, served warm with a cloud of whipped vanilla coconut cream.

Turning Point Ginger & Date Sponge
Steamed ginger-infused date sponge served with a golden tahini-caramel sauce to balance spice with creamy earthiness.

Sacred Orchard Bramley & Briar Tart
A crisp almond flour crust filled with orchard apples and wild brambles, finished with a toasted pumpkin seed and oat crumble.

The Awakening Golden Cream
A vibrant turmeric, cardamom, and vanilla bean chia pudding topped with agave-roasted almonds and bright pomegranate jewels.

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