

H I G H



J I N K S



Day 1

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & preserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - BBQ chicken drumsticks, Quinoa salad with prunes, goji berries and a plum dressing, sauteed spinach with sesame seeds and fresh bread.

Dinner - Baked whole local fish with a lemon cream dressing, oven roasted rosemary chips, greek style salad and garlic bread.

Day 2

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & preserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Linguini Putanesca, rocket, pear & parmesan salad, grilled asparagus and prosciutto and steamed radicchio with balsamic glaze.

Dinner - Slow cooked pork ribs with sticky plum glaze, roasted sweet potato puree, grilled corn on the cob, slaw salad and blistered cherry tomatoes.

Day 3

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & conserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Steamed garlic & chilli mussels, crunchy bread, mixed bean salad, blanched kale with anchovies and walnut, roast potato wedges.

Dinner - Red wine braised beef neck, mint yogurt sauce, smashed red kidney beans with bacon, green leaf salad, steamed broccoli.

Day 4

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & conserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Beef tomatoes stuffed with rice, spiced chickpea & pomegranate salad, smoked eggplant and fried zucchini.

Dinner - Prawn satay skewers, sesame noodles, bean sprout, carrot and baby corn salad, steamed cavollo nero and bok choy.

Day 5

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & conserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Beetroot curry with sweet potato, saffron rice, tzatziki, spinach, red onion salad & goats cheese, naan bread and spicy chutney.

Dinner - Chicken thighs in a mascarpone sauce, roast new potatoes, rocket, cherry tom & avocado salad, honey glazed beetroot & carrot.

Day 6

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & conserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Creamy smoked salmon tagliatelle, green leaf and caper salad, crunchy bread, roast tomatoes with pinenuts.

Dinner - Meatballs in thick tomato salsa, cauliflower gratin, baby kale salad, quacamole and steamed local greens.

Day 7

Breakfast - Selection of fresh fruit, cereals, yogurt, bread/toast, spreads & preserves, pastries/cakes/muffins, eggs & bacon, cold cuts & cheeses, fresh juice, tea and coffee.

Lunch - Pesto crumbed mackerel fillets, salad of wild rice, beetroot & feta dip, roasted sweet peppers.

Dinner - Roast leg of lamb, grilled eggplant & zucchini, mint creme faiche, buckwheat, tomato & green leaf salad, fried potato chips.