

MENU

Treat your body like it belongs to someone you love. Eating well is a form of self-care & self-respect.

Our predominantly vegetarian sample menu is typical of what to expect. Menus always vary on what our farm and local suppliers are able to offer us. Most fruits and vegetables are also seasonal. All meals are served with the freshest ingredients possible. Additionally, there are if requested occasionally some non-vegetarian options offered.

Friday

DINNER

A fresh, farm-to-table salad with Tabitha's sensational dressing

Vegetarian burger and Stuffed mushrooms

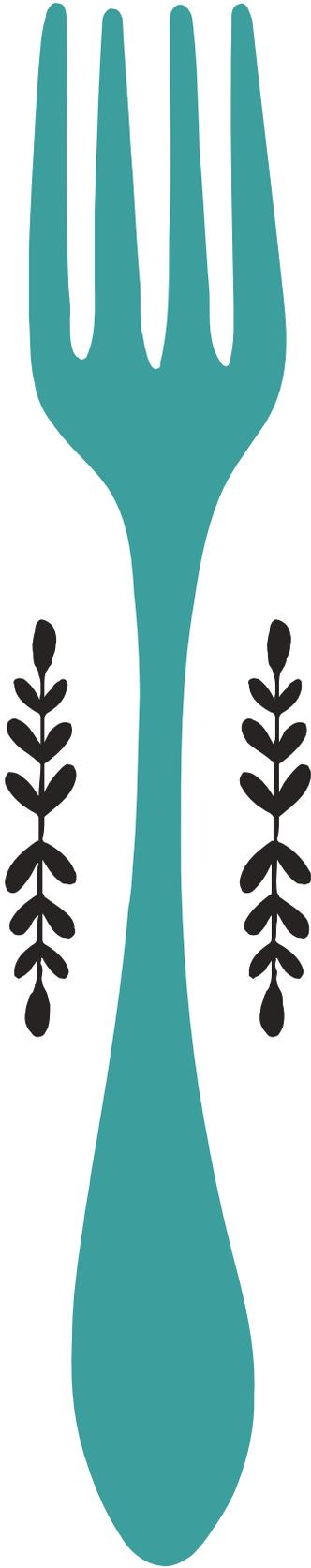
Green Salad with Cucumbers, Tomato & Avocado (if sustainably sourced season dependant) with Herb Vinaigrette

Veggie fajitas

DESSERT

Ladybird Café Beetroot Red Velvet Cake

Local Cheese Platter and Oatcakes



Saturday

BREAKFAST

Coffee and Tea
Toasted granola
Querida's Morning Banana Bread
Mixed Fruit Salad with Orange, Lemon and Basil zest
Freshly-squeezed Orange and Lemon juice with local berries
Dam View Egg Frittata (non-vegan)

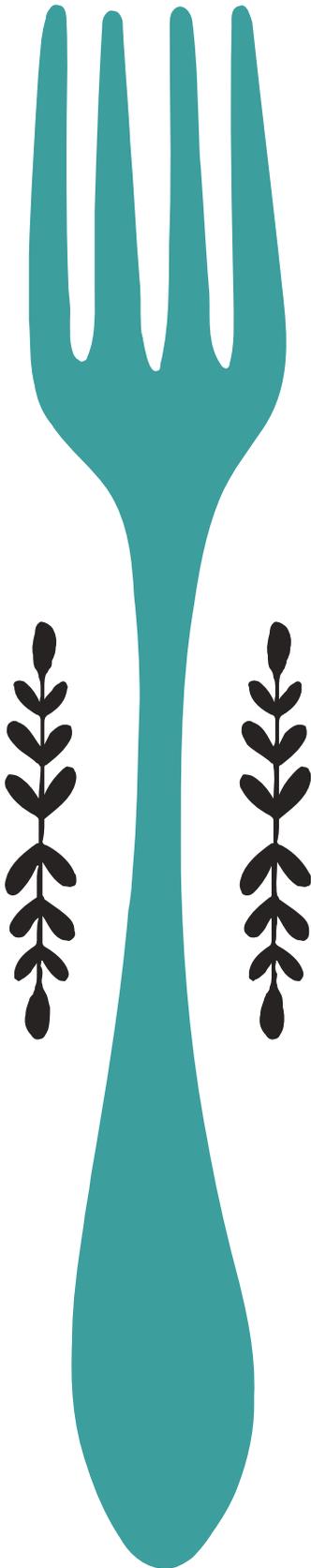
LUNCH

Roast seasonal vegetable soup
Green salad with feta cheese, cucumber, green beans and lemon vinaigrette
Tricolour pasta with Otile's freshly-made punchy pesto
Homemade crusty bread

DINNER

An inviting crispy spinach, lettuce, and cress salad with tomatoes and seeds
Sautéed broccoli and cauliflower
Vegetable and aubergine lasagne
Light and airy freshly-baked focaccia with rosemary and thyme
Warmed chickpeas with herbs

Miloch's Marvellous Mindful Cake
Local Cheese Platter and Oatcakes



Sunday

BREAKFAST

Coffee and Tea

Scots Porridge with topping selection

Local Fruit and Yoghurt

Banana, almond milk and coconut milkshake

Spinach, Apple and Kale energy smoothie

BRUNCH

Vegetarian Minestrone soup with crunchy baked croutons

Dam View House Salad

Ivy's Rainbow Roasted Vegetable and Haloumi Skewers

Paloma's Tabbouleh Pepper Salad with mint dressing

Crusty Seed Bread with local butter