



Superfood-Rich Detox Menu

Apple and Green Tea Consommé, Avocado, and Celery Dice

Chargrilled Artichoke Salad, Basil Dressing

Mackerel Escabèche, Red Pepper Dressing

Chicken Leg Ballantine, Beetroot Puree, Green Bean Dressing

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Poached Salmon, Brown Shrimp, Samphire, Tomato Essence

Poach Roasted Chicken Breast, Braised Red Cabbage, Crushed New Potatoes Red Wine Jus

Wild Mushroom Brown Rice Risotto

Fillet of Beef, Mixed Bean Salad, Chard, Beetroot Puree

Baked Cod, Fennel and Courgette Salad, Oregano dressing

Broccoli and Mixed Pepper Stir Fry, Toasted Sesame, and Sunflowers Seeds

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Poached Pears, Rosemary Scented Crème Fraîche, Blueberry Compote

Pumpkin Parfait, Toasted Bananas, Raisin and Raspberry Purée

Watermelon, Mango and Papaya Salad Passion Fruit Dressing

Roasted Figs, With Honey, Toasted Hazelnuts and Yogurt