



INTRODUCING  
**3 DAY WHOLE-FOOD RESET &  
RETREAT**

FOR WELLINGTON LOCALS

March 28th-30th    Cost: \$350    Delivery Available

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**DAY 1**

Banana Bread Granola  
with vanilla coconut  
yoghurt, berry compote,  
fresh fruit, homemade  
almond milk

Pad Thai Salad  
with kelp & carrot  
noodles, red pepper,  
spring onion, edamame,  
tamari roasted almonds,  
coriander & a satay  
dressing

Therapeutic Kitchari,  
coconut riata, green  
detox salad with herbed  
avocado dressing

Raw Mint Choc  
Slice

Raspberry & Cashew  
nut milk

**DAY 2**

Vanilla Chia Pudding  
with passionfruit  
coconut yoghurt, fresh  
fruit, almond butter &  
freeze-dried raspberries

Tempeh Sushi Bowl Salad  
with miso tempeh,  
cucumber, red rice,  
avocado, fermented  
vegetables, radish,  
seaweed & a creamy  
kimchi dressing

Creamy Jackfruit Tacos  
with tomato salsa,  
super slaw, cashew  
sour cream in lettuce  
cups

Raw Raspberry & Cacao  
Pie

Turmeric & Macadamia  
nut milk

**DAY 3**

Cinnamon & Apple  
Bircher Muesli with  
blackberry coconut  
yoghurt, passionfruit  
coulis & maple pecans

Roast Beetroot,  
pumpkin & Cauliflower  
Salad with greens,  
sprouts, red onion,  
olives, cashew parma &  
a tahini turmeric  
dressing

Chickpea & Coconut  
Curry on Zucchini Noodles  
with vegetables, greens,  
sprouts & a mango  
chutney

Lemon Cashew  
Cheesecakes

Cacao & Almond  
nut milk