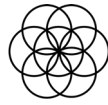


THE NEST



HÆLU  
RETREATS

## THE HÆLU MENU

### FRIDAY EVENING

Roasted Vegetable Soup 🌿

Smorgasboard Wild Salmon 🐟, homemade hummus, avocado, capers, olives, boiled eggs, sauerkraut, gherkins, pickle, crudites, homemade crackers, roasted cauliflower & tahini dip.

Beetroot, Rosemary & Walnut Soda Bread 🌿🥜

Olive, Rosemary & Chickpea Flatbreads 🌿

### SATURDAY BREAKFAST

Chia Seed Pudding 🌿 Coconut, strawberry & chia pudding.

Vegetable Souffle 🌿 With parsley & sage.

Freshly made Omelettes With a selection of fillings.

Roasted Vegetable Shakshuka 🌿

Fruit Salad 🌿🥜 Oranges, melon & pomegranate topped with Greek yoghurt, mixed nuts & seeds

### SATURDAY LUNCH

Winter Buddha Bowl 🌿 Beluga lentils, kale, avocado, orange, red cabbage, carrots, parsnips, cherry tomatoes & homemade beetroot hummus.

### SATURDAY DINNER

Chickpea, Pumpkin & Sweet Potato Curry 🌿 Served with jasmine rice.

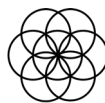
Roasted Fruit Salad 🌿 Plums, bananas, apples & blueberries with honey, cinnamon & ginger.

Allergen Information: Vegan 🌿 Vegetarian 🌿 Shellfish 🐚 Fish 🐟 Nuts 🥜

Full allergen list available, as we handle all allergens in our kitchen our food may contain traces.

Please notify the team of any allergies in your party.

THE NEST



HÆLU  
RETREATS

## THE HÆLU MENU

### SUNDAY BREAKFAST

Chia Seed Pudding 🌱 Coconut, strawberry & chia pudding.

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Vegetable Souffle 🌱 With parsley & sage.

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Freshly made Omelettes With a selection of fillings.

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Roasted Vegetable Shakshuka 🌱

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Fruit Salad 🌱🥜 Oranges, melon & pomegranate topped with Greek yoghurt, mixed nuts & seeds

### SUNDAY LUNCH

Spicy Roasted Tomato & Lentil Soup

### SUNDAY DINNER

Seabass Fillet 🐟 or Tofu 🌱 Roasted vegetables, winter salad & braised brussel sprouts.

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Chocolate & Raspberry Pots 🌱 Rich chocolate mousse with fresh raspberries & almonds.

### MONDAY BREAKFAST

Chia Seed Pudding 🌱 Coconut, strawberry & chia pudding.

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Vegetable Souffle 🌱 With parsley & sage.

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Freshly made Omelettes With a selection of fillings.

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Roasted Vegetable Shakshuka 🌱

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Fruit Salad 🌱🥜 Oranges, melon & pomegranate topped with Greek yoghurt, mixed nuts & seeds

Allergen Information: Vegan 🌱 Vegetarian 🌿 Shellfish 🐚 Fish 🐟 Nuts 🥜

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