



Lunch & Learn 2024 - Menus

Eating for Metabolic Health - Feb

Barley, beetroot, goats cheese, walnut, apple, spring onion, chicory and pomegranate salad, apple cider vinegar dressing

Ras al hanout roasted chicken, warm chickpea and lentil salad, with shredded sprouts, roasted carrots, kale, pink shallots and orange and tahini dressing

Rhubarb and blueberry compote with crunchy oats, almonds and cashews

Eating for your Gut – May

Shredded duck, chicory, watercress and rocket salad, orange, ginger and apple cider vinegar dressing

Grilled mackerel, lentils, pink grapefruit, kimchi, mint, parsley, leeks, miso dressing

Almond, pistachio and quinoa dark chocolate squares

Eating for the Brain - Sep

Sea trout, potato and kale frittata, watercress, avocado and pecan salad

Roast chicken, butterbeans, confit tomato, charred broccoli, spinach, salsa verde

Blackberry panna cotta with dark chocolate and turmeric biscuit

Eating to Support the Immune System - Nov

Roasted sea trout, stir-fried pepper, mushroom, sprout and cashew salad,

Warm venison salad with roasted butternut squash, roast and puréed cauliflower, spinach, haricot beans, pickled walnut dressing

Chocolate mousse, roasted plums, roasted hazelnuts and Greek yoghurt