



Ultimate Fitness Retreats

SAMPLE MENU

GRANADA 2019



HOW IT WORKS

Our wonderful Chef Aneliese will prepare all your lunches and dinners across the week with exception to the final night of the retreat when we will arrange for the group to go out to a local tapas bar for a wonderful final meal.
(please note this meal is not included in the costs).

The team will prepare breakfasts; choices will range from poached eggs, scrambled eggs, Spanish meats, porridge, yogurts, fruits, vegetables, and protein smoothies.

The menu below shows you the lunches and dinners that we served to guests on our 2018 retreats. The 2019 menu will be released in August.

We cater for vegetarians, food allergies and intolerances. When you book a place we will send you a nutritional form to complete so we can learn about your dietary requirements. If you have any questions you would like answered prior to making a booking please get in touch and we would be happy to help.

I look forward to meeting you,

Barry Stephen



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Menu

MONDAY

LUNCH

Starter: Bruchetta

Main: Mixed salads with seafood and local meats

Sides: Lemon and Corriander Rice

Vegetarian (V): Hallumi Pesto Salad

Dessert: Vegan Chocolate pots

DINNER

Starter: Artichoke, asparagus, tomato and onion tart,
topped with quails egg and rocket

Main: Fresh tuna meatballs in tomato sauce

Sides: Lemon and olive potatoes, sauteed spinach

Vegetarian (V): Vegetarian meatballs

Dessert: Lemon posset

TUESDAY

LUNCH

Main: Grilled sardines with chopped green herbs

Sides: Beetroot salad, kaleslaw, lentil and butternut squash

Vegetarian (V): Baked falafel

Dessert: Strawberries with lemon and mint

DINNER

Starter: Saffron and cauliflower soup

Main: Cajun turkey pineapple salsa wild rice and beans

Sides: Wild rice and beans

Vegetarian (V): Cajun mixed mushrooms

Dessert: Chocolate avocado mousse

WEDNESDAY

LUNCH

TBC

DINNER

Starter: Mushroom and walnut salad with spiced onion chutney

Main: Crusted salmon

Sides: Roasted vine tomato, pea and broccoli smash

Vegetarian (V): Ratatouille parcels

Dessert: Citrus poached pears



Menu

THURSDAY

LUNCH

Starter: Gazpacho

Main: Marinated chicken skewers

Sides: Caprese salad, tabbouleh, roasted cauliflower

Vegetarian (V): Marinated vegetable skewers

DINNER

Starter: Tomato and Mozzarella

Main: Chicken and apricot Tagine

Sides: Lemon cous cous

Vegetarian (V): Squash and white bean Tagine with apricots

Dessert: Three layer berry fool

FRIDAY

LUNCH

Starter: Citrus cured salmon gravadlax

Starter (V): Roasted peppers and hummus

Main: Spinach feta and filo pie

Sides: Tomato and cucumber salad,
grilled med veg, corn and zucchini

DINNER

Starter: Pea and mint soup

Main: Pork and apple

Sides: Glazed carrots, leek and courgette ribbons

Vegetarian (V): Baked aubergine

Dessert: Citrus jelly terrine

SATURDAY

LUNCH

At Tapas Bar

DINNER

Starter: Baked bhaji, coriander sauce

Main: Tandoori monkish skewers

Sides: Vegetarian biryani

Vegetarian (V): Tofu tandoori skewers

Dessert: Mini light lemon and lime cheesecakes

All subject to change

