

Boot Camp Menu, Wednesday

When you step out of your comfort zone, you are stepping into your greatness.

Breakfast

Please see the breakfast menu which is set for the duration

Morning Snack

Fresh Fruit Salad Bowl (D) (DF)

Lunch

Black Bean, Avocado & Coriander Wrap (One wrap) (V) (DF) (D)

&

Mixed Bean Soup (Vegan) (D) (DF)

&

Mixed Green Salad (V) (D) (DF)

Afternoon Snack

Oat & Lemon Flapjack (Vegan)

or

Fresh Fruit Platter (D) (DF) (Vegan)

Dinner Entrees

Tuna Nicoise Salad with Apple Cider Vinegar (D) (DF)

or

Roasted Vegetable, Whole Wheat Cous Cous & Tunisian Hot Sauce (Vegan)(D)(DF)

or

Butternut Squash, Carrot & Parsley Soup (Vegan)(D)(DF)

Mains

Chicken, Red Pepper & Tomato Kebabs with Coriander & Greek Yoghurt (D) (DF without Yoghurt)

or

Baked Cod with Chorizo, Lentils & Coconut Oil (D) (DF)

or

Aubergine & Broccoli Massaman Curry (Vegan) (D)(DF)

or

Hemp Protein Shake with Apricot, Mango & Greek Yoghurt (V) (D) (Vegan)

All main courses are served with a selection of seasonal vegetables

Followed by Herbal & Fruit Tea

(Please choose which flavour you prefer from the drinks station)