

MENU

HEALTHY SUMMER RETREAT MENU SAMPLE

(LOW CARB / KETO FRIENDLY)

MAIN

GRILLED ENTRANA WITH HERBS BUTTER

PRAWNS AVOCADO SALAD

CHICKEN IN CREAMY MUSHROOM SAUCE

SIDE

CABBAGE STEAKS WITH PARMESAN

CAPRESE SALAD WITH OLIVES

GRILLED ZUCCHINI CHICKPEA SALAD WITH FETA AND CHILLI OIL

BAY SPINACH, ROCKET, WALNUTS, POMEGRANATE SALAD

DESSERT

KETO BROWNIES