

# 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