



Live Life Retreat with W-Wellness & Dr Lubna

08.06.2025

Smoothie Bowl Workshop

Blueberries, raspberries, blackberries, cherries & bananas
Fresh Greek yoghurt
Hemp seeds
Chia seeds
Black & white sesame seeds
Toasted coconut shavings
Edible flowers
Goji berries
Matcha latte, tea & coffee



Lunch

PLATTERS OF ROASTED SQUASH

With cumin, fenugreek, garlic, fresh spinach, roasted red pepper, pomegranate
& fresh raita dressing

SALAD OF PUY LENTIL & KALAMATA OLIVE

With fine green beans, edamame beans, charred red, yellow & orange peppers, olive & basil
dressing with olive oil, fresh heritage tomato salsa, wild rocket

CHARRED CORN ON THE COB

With charred broccoli, bulgar wheat, fresh chilli, coriander, lemongrass, toasted sesame &
tahini paste, pickled ginger