

# mana kitchen

## EXAMPLE OF DAILY MENU

We have set meal times and all meals a buffet selection. We cater to Gluten Free, Dairy Free and Vegan as required. This is an example of our menu and will vary during your stay.

### Breakfast

Home-baked Bread with local preserves, spreads and boiled eggs. Oat or Millet Porridge with stewed or fresh locally grown fruit or home-made muesli with nuts, seeds and dried fruits served with yoghurt

### Lunch

Fluffy Turmeric Tofu Frittata with sundried tomatoes, mushrooms and smoky potato with Foraged fresh green salad

### Dinner

Thai inspired pumpkin soup with basil pesto and seedy crackers, home-baked bread and garden greens. Accompanied by Vanilla and Chai spiced rice porridge with apple compote

