

Breakfast

- Fresh fruits
- Home made granola
- Yoghurt from cow milk + a vegan version
- Oats porridge with coconut, dried fruits, cinnamon and cardemon (+ variations)
- Seeds, dried fruits, shredded coconut etc
- Beautiful sourdough bread freshly from the oven
- Omelette, frittata or another egg dish
- Rice crackers and corn crackers
- Various cheeses and butter
- Spreads & jam

Lunch

- Falafel from beetroot, sprouted lentils and sesame seeds
- Tahini
- Babaganoush with tomato, smoked paprika and coriander
- Salad from quinoa with sundried tomatoes, olives and parsil
- Broccoli and roasted fennel with kappertjes and garlic
- Rucola salad with almonds and balsamico dressing
- Salad from cucumber, tomato and mint

Dinner

- Thai soup with paksoi, sweet potato, paprika, courgette, shitake and oesterzwammen
- Salad from glass noodles, Chinese cole, cucumber and wakame
- Burmese salad with green tea
- Dressing from cashew, tamari, sesame, galangal, ginger and lime
- Kimchi

With Love,
Conan