



INDULGENT ETHICAL INSPIRED

Satori Food ~ Retreat Catering



MEET THE CHEF

After six years of catering retreats and cooking with the seasons using fresh produce from my local market garden, it is still one of my greatest joys.

I have taken huge inspiration from restaurant kitchens I've worked in, from Bristol's Maitreya Social to Brighton's Terre à Terre, but now leaning heavily on health and wellness. As cooking is my creative outlet, I like to apply the same level of restaurant flair to my dishes, but preparing plates mindfully with health at the forefront.

I believe food should nourish both body and soul. My colourful dishes are bursting with fresh seasonal flavour, texture and vitality. Organically produced ingredients, consciously prepared and tailored to the needs of your specific retreat.

It's a labour of love, and one I love bringing to the retreat setting.

“Eat food. Not too much. Mostly plants.”

Michael Pollan



SAMPLE MENU



Breakfast

Almond, maca & cranberry granola
poached apricot, coconut yoghurt, fresh berries

Brunch

Overnight Spanish baked beans
sour cashew, lemony rainbow chard, sourdough

Lunch

Courgette, pea & basil soup
wild rice & hazelnut salad, dressed leaves

Creamed leek & crown prince crostata
parsnip, pear & hazelnut remoulade, spiced carrot purée, dressed leaves

Dinner

Almond & apricot stuffed aubergine
slow-cooked tomato sauce, fine beans, shallot petals & cavolo nero crisp

Mushroom & walnut stuffed cabbage leaves
potato & celeriac pavé, beetroot purée, tarragon & almond pesto, truffled kale

Dessert

Chocolate ganache torte
on a date & roast hazelnut base, raspberry coulis

Vanilla & blueberry fermented cashew cheesecake
ginger biscuit base



WHY A RETREAT CHEF?



TAKE THE STRESS OUT OF HOSTING

The retreat kitchen is where my heart truly lies. Marrying the decadent menu planning of my restaurant training with my ever-growing passion for sustainability and wellness.

My plant-based menus explore the ripest, freshest seasonal produce, with vegetables often picked on the day they are served. Working seasonally with a local grower ensures minimal food miles on the fresh produce, and enables me to utilise ingredients at their absolute best.

All ingredients, fresh or pantry are organically produced where possible, with minimal packaging and waste.

“Inclusive Social Dining”

WHAT WE BRING TO THE TABLE

Food brings people together. Mealtimes at a retreat are for sharing and reflecting on the plentiful benefits of the retreat space. Nourishing in more ways than one. A chance to celebrate togetherness and food: the finer things in life!

I offer a complete service where I design a menu tailored to your specific event – whether it’s sugar-free, gluten-free, high protein– no dietary requirement should require a compromise on inclusive social dining. I prepare the food, lay tables, serve food and clear away afterwards, leaving you and your guests to enjoy your mealtimes together.

I love to introduce the food at mealtimes, if suitable. In the kitchen I’m always happy when guests come to share their passion for food, recipes and ideas with me– talking food and sourcing is always a favourite! I’m happy to hold cooking demonstrations on healthy dish-creation, fermenting or stocking up the pantry with healthy snacks. But I’m equally happy to serve and leave the chat up to you. It’s your retreat and how I fit in with that can be steered by you.



LET'S TALK FOOD...

Need catering for a retreat,
workshop, or gathering? I'd love
to hear from you!



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From the folks we've cooked for

"I couldn't recommend Joe enough
for retreat catering – truly
amazing. I was so inspired and
impressed by his cooking – you
can really feel the love and
intention in every dish."

- Yoga & Pilates with Taylor

