



Catering for your Retreat at Old Rectory House

Self Catering

You have the option to self-cater for your retreats or bring your own private chef. The retreat cottage has a full kitchen for your use as well as our outdoor woodland kitchen with an Argentinian style wood fired grill, Big Green Egg BBQ and pizza oven.

Locally sourced teas and coffee, milk (dairy or plant) are provided.

Old Rectory House Catering - £45/person per day

Variety is the spice of life. Your 5-a-day is outdated as it falls short of what our bodies require for optimal nutrition. The thinking is now that we should be consuming at least 30 different varieties of plant based foods each week to promote a diverse and healthy gut microbiome. Here at Old Rectory House our retreat catering will offer you this and much more. Our menus are predominantly plant based (we can cater for full vegan and/or gluten free) and includes a huge variety of fruit, vegetables, whole grains, legumes, nuts, seeds, herbs and spices. There will also be a big focus on seasonality. Healthy and delicious are not mutually exclusive and we pack all our menus full of flavour.

Breakfast :

We will lay out a breakfast selection in our pantry shop with yoghurt, granola, nuts, seeds and fruit alongside teas and coffee. Toast is also on offer. Guests are welcome to help themselves and enjoy in their accommodation, woodland banquet hall or anywhere around our site.



Catering for your Retreat at Old Rectory House

Lunch :

Lunch is a buffet style offering which will be laid out in our dining room for guests to make their own lunch box to enjoy around our site. In colder weather or on request we will serve soups and stews with sourdough

Examples of what we offer :

Quinoa Tabbouleh with tomato, peppers, pomegranate, parsley, coriander, garlic & lemon

Greek salad with Feta cheese, cucumber, tomato, red onion & oregano

Orzo pasta salad with vegetables

Bean salad with red onion, lemon, garlic, parsley, basil & chives

Roasted balsamic beetroot with carrot

Herb and lemon cous cous

Hummus

Tzatziki

Mixed leaves

Dressings and seeds

Sourdough roll or pitta bread



Catering for your Retreat at Old Rectory House

Dinner :

Example dinner menus:

Old Rectory House Curry

Cauliflower, spinach, chickpea and coconut curry

Lentil dhal

Basmati rice & naan bread

Plant Based Three Bean Chilli

Chunky guacamole

Rice and toppings of cheese, lime wedges & fresh coriander

Chargrilled Vegetable Lasagne

Tomato and onion salad and dressed leaves

Vegan Cottage Pie With Greens

Thai Green Vegetable Curry Served With Rice

We will be in touch ahead of your retreat to get your guest's dietary requirements, allergies and intolerances so we can design menus to suit your needs. It's really important we have this information at least a month before your retreat.