



Retreats at Old Rectory House

Catering for your Retreat

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.

We can offer a range of catering options. Our full catering service includes a small breakfast in your accommodation, brunch, afternoon homemade cake and dinner. This is priced at £45/person per day. All our food is homecooked with a big focus on seasonality, flavour and nutrition, avoiding ultra processed foods.

Our menus are all vegetarian as this caters for as wide a range of people as possible. If you would like to add some fish/meat options we are happy to discuss.

We'll be in touch a few weeks before your arrival to discuss dietary requirements and design the menus for your retreat.

Light breakfast in your accommodation :

Most of our retreats include morning yoga and the feedback we've received is people don't want a big meal before yoga. A fruit bowl and a homemade breakfast bar/muffin is provided as a light breakfast in all accommodations along with a selection of teas, coffee and whole milk (dairy free milk available on request).



Brunch :

We will serve a buffet style brunch in the Old Rectory House dining room. We can offer a variety of hot and cold dishes. Eggs are an excellent source of protein, healthy fats & vitamins and our free range hens provide a plentiful supply.

A yoghurt bar with natural yoghurt and a selection of toppings such as fruit compote, nuts, seeds, honey, cinnamon and dried fruit will be available at all brunches. Yoghurt can be exchanged for porridge if requested.



Sourdough bread, butter, nut butter and jam will always be on offer

Example Brunch Options :

Brunch 1 :

Scrambled Eggs
Homemade Beans
Sautéed Mushrooms

Brunch 2 :


Spanish Omelette (eggs, potato & onion)
Peperonata (tomatoes, peppers, courgette, onion and garlic).

Brunch 3 :





Shakshuka (baked eggs with tomatoes, peppers and North African inspired flavours)

Brunch 4 :



Avocado
Hummus
Hard boiled eggs
Sautéed potatoes
Tomato, red onion and basil salad
Cottage Cheese







Afternoon Cake :


We will freshly bake a cake each day as an afternoon treat. Served in a communal space such as the pool house or woodland banquet hall.

You can select from below :






Lemmon Drizzle Cake
Banana Cake
Apple Streusel Cake
Carrot Cake
Vegan Ginger Cake

If you'd like to swap this option for a healthier alternative, you can choose from the options below :



Fresh Fruit
Protein Balls
Crudité, Olives and Hummus



The whole group has to have the same option



Dinner :

Each evening we will serve dinner either in our woodland banquet hall or the Old Rectory House dining room. Here are some example menus :

Old Rectory House Curry Night :

Squash, chickpea & coconut vegan curry

Lentil dhal

Bombay potatoes

Rice or naan bread



Plant Based Three Bean Chilli

Served with :

Chunky guacamole

Sweet potato wedges

Rice

Toppings of cheese, sour cream, lime wedges & fresh coriander

Chargrilled vegetable lasagne

Served with : tomato and onion salad and dressed leaves



Middle Eastern Sharing Table :

Homemade falafels

Baba ganoush

Tabbouleh

Hummus & flatbreads

Vegetable Moussaka

Served with : Greek style salad and flatbread

Pizza Party :

Homemade pizzas free flowing from our pizza oven in the Woodland Sanctuary

