



SUNDAY MORNING RESET RETREAT

Sunday 5th November 2023

09:00 AM		Arrival
09:15 AM		Pilates / Hatha Yoga Flow
11:00 AM		Brunch in the Lodge

Full access to the Health Hub gym and pool all day

BRUNCH MENU

Please choose 1 option

Overnight oats, *summer berries, chia seeds, almonds*

OR

Greek yoghurt, *summer berries, chia seeds, almonds*

Please choose 1 option

Corn fritters, *lime yoghurt, streaky bacon, avocado, poached egg*

OR

Shakshuka, *spinach, toasted wholemeal bun*

OR

Smoked salmon, *scrambled egg, spinach, hollandaise*
