



# SUNDAY MORNING RESET RETREAT

*Sunday 24th December 2023*

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

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*Full access to the Health Hub gym and pool all day*

# BRUNCH MENU

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**Please choose 1 option**

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

**OR**

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

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**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*

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