ONZE

XPUHÁ-BACALAR

Detox Menu

Detox Menu

This menu is purposely designed for retreat groups focussing on delicious and nutritious vegan and vegetarian food. We use only the best ingredients choosing non processed and organic wherever possible as well as sourcing as much as possible from the local area.

Price

Breakfast included in cost of stay
Lunch 20 USD per guest
Dinner 30 USD per guest
(Dinner Includes a day time snack and dessert)

Includes daily chilled agua frescas for all meal times, endless ice, espresso pods in rooms, pukka teas throughout the day, fresh fruit on bar & natural mosquito spray (one bottle). All purchases required after include a 20% delivery charge

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Detox Breakfast

Daily fresh smoothies

Green (spinach, avocado, apple, fresh ginger & coconut milk)
Cacao mood booster (powdered cacao, banana, dates, maca powder, almond milk)
Red Berry (frozen blueberries/strawberries, greek yoghurt, chia seeds & almond milk)
Tropical (frozen mango, banana, flax seed & coconut milk)
Immune booster (freshly squeezed orange juice, grapefruit, yellow lemon & ginger)

Or

Breakfast buffet including

Greek yoghurt
Vegan chia pudding
Fresh rotation of seasonal fruit
Homemade granola
Local sourdough toast with French butter & jam
Avocados
Any style of eggs (Retreat leader choice)
Refried beans
Hot Cakes with Mayan honey (GF option)
Orange juice, black, green & fruit teas, organic filter coffee with soy, oat, coconut & almond milk

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Detox Lunch

Beetroot, kale and goats cheese quiche, carrot salad with apples and cranberries & hummus

Fresh tomato and basil soup & grilled cheese sandwich (Vegan Cheese option)

Falafels dressed with lemon tahini, tabbouleh & fattoush salad served alongside pitta bread, baba ganoush & pickled red onions

Mushroom soup, focaccia, side of roasted vegetables & goats cheese

Black bean & sweet potato enchiladas with a sweet & spicy tomato sauce topped with feta cheese

Butternut squash soup, chunky sourdough croutons & greek salad

Roasted sweet potato hash, black beans, avocado cream, sweetcorn, chipotle mayo & crumbly feta (GF)

Tofu buddha bowl with quinoa, avocado, edamame beans, grated carrots, pickled red cabbage & a ginger/soy dressing (GF)

Detox Snacks

(One included in each day)

Jicama with freshly squeezed limes, sea salt & cilantro

Homemade hummus with cucumber and carrot sticks

Juice shots (Multiple variations)

Beetroot hummus with flatbread

Freshly cut seasonal fruit sticks

Dark chocolate bark

Fruit/nut energy balls

Detox Dinner

Green thai curry with jasmine rice, mango & papaya salad, thai summer rolls & peanut dipping sauce

Linguine alla norma, tomato bruschetta & fennel orange salad

Stuffed poblano peppers with a hearty rice mixture of spices, beans, zucchini & corn dressed with avocado cream served with mixed green salad

Lentil dahl, brown rice, onion bhaji & Indian summer salad

Asian noodle soup with coconut milk, tofu, sugar snap peas served with spring rolls & sweet chilli sauce

Tahini aubergine wedges on a quinoa base served with fresh feta salad (GF)

Portobello mushroom and sweet pepper fajitas, handmade colourful tortillas, refried beans & peruvian green sauce (GF)

Cauliflower korma, pilau rice & kachumber salad (GF)

Detox Desserts

Apple pie crumble and cream (sorbet option)

Chocolate brownie and ice cream (vegan brownie option)

Caramelised pineapple, toasted coconut and ice cream (sorbet option)

Selection of three fruit sorbets

Lemon polenta cake with fresh red fruits (vegan cake option)

Carrot Cake with buttercream (vegan cake option)

Mango & Cashews mousse (vegan)

Avocado chocolate mousse (vegan)