SAMPLE MENUS & FOOD PHILOSOPHY

Iberian Wellness Retreats – Two-Day Sample Menu Plan

Rooted in Nature. Inspired by Andalucía

All vegetables are homegrown, and nearly every ingredient is locally sourced,
from free-range eggs and artisan cheeses to honey from the village

Day One

Brunch with Daily Favourites

- Polenta Bruschetta with homegrown broad beans, poached egg, and sun-dried cherry tomatoes
- Homemade Gravlax with a fresh herb yoghurt dip
- Local goat or sheep's cheese from neighbouring farms

  Plus:
  - Seasonal fruit salad, home-made granola and natural yoghurt
  - Freshly baked bread with homemade jams, marmalades, and local honey
  - Pancakes & Magdalenas (homemade by our cook)
  - Tea, coffee, and herbal infusions

Afternoon Snack

- Andalucian Moorish Sponge Cake – a light, spiced, and homemade treat

Dinner

- Watermelon Gazpacho – a refreshing, subtly spiced cold soup
- Simone's Aubergine Parmigiana – rich, garden-grown aubergines layered and baked
- Crisp cucumber salad with lemon vinaigrette and garden herbs
- Fresh green salad with edible flowers
- Panna cotta with fresh fruit coulis

Day Two

Brunch with Daily Favourites

- Shakshuka with free-range eggs from the farm, gently simmered in a spiced tomato and pepper sauce
- Charred garden peppers with lemon zest
- Local goat or sheep's cheese from neighbouring farms

  Plus:
  - Seasonal fruit salad, home-made granola and natural yoghurt
  - Freshly baked bread with homemade jams, marmalades, and local honey
  - Pancakes & Magdalenas (homemade by our cook)
  - Tea, coffee, and herbal infusions

Afternoon Snack

- Juan's legendary potato tortilla – made with potatoes from the garden

Dinner

- Chilled Beetroot Soup with a swirl of olive oil and toasted nuts
- Stuffed Grilled Mackerel, filled with a fragrant paste of nuts, onion, and fresh cilantro
- Lentil salad with chopped herbs and a citrus dressing
- Tomato salad with garden herbs and olive oil
- Dessert: Fresh figs baked with local honey, cinnamon, and chopped walnuts—served with Greek-style yoghurt

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Rooted in Nature. Inspired by Andalucía

At Iberian Wellness Retreats, we celebrate an authentic Andalucian experience. Our menus are rooted in the regional flavours and culinary traditions of southern Spain, using ingredients that reflect the land around us: organic vegetables, local fish, olive oil, almonds, citrus, saffron, and wild herbs. Meals are thoughtfully created to nourish both body and mind, aligning with our mindful yoga and movement practices.

Inspired by Andalucía's rich history—including both Spanish and Moorish influences—we feature dishes such as watermelon gazpacho, beetroot soup with toasted nuts, and lentil and herb salads. You'll also enjoy local favourites like grilled mackerel stuffed with herby nut pastes, aubergine parmigiana made with vegetables grown in Simone's garden, and classic white beans served with herb-filled chicken albóndigas.

Iberian
WELLNESS RETREATS

Each day begins with a nourishing brunch that combines breakfast favourites with a main egg-based dish. Homemade granola, natural yoghurt, seasonal fruit, fresh cheeses from neighbouring farms, pancakes, Magdalenas, fresh bread, local honey, and herbal teas are served daily alongside signature dishes such as shakshuka with free-range eggs and polenta bruschetta with broad beans and poached egg.

Dinners focus on a main seasonal dish accompanied by thoughtfully prepared sides. These might include stuffed peppers or Andalusian fish stew, with accompaniments like cucumber salad, grilled courgettes with local cheese, or roasted peppers with parsley sauce. Desserts are simple and satisfying—panna cotta with fresh fruit coulis, orange and almond cake, or baked figs with honey.

Afternoon snacks range from Juan's famous potato tortilla to homemade Moorish sponge cake, keeping energy steady and spirits high.

We believe in having full control over what goes into our food—and into our bodies. We prefer to make most things by hand (including bread, cakes, and preserves), and we're happy to accommodate dietary requests, whether allergy-based or personal preference. Every meal is designed to provide sufficient protein and fibre, ensuring a balance of nourishment and taste.

These meals are seasonal, local, and crafted from the heart.