

# Solar Springs Pop-Up

## SUMMER MENU

### MONDAY | ROOT CHAKRA MENU

#### BREAKFAST

Steady Stamina Juice - Beetroot, green apple & ginger

Fruit platter

Coconut yoghurt with almond granola, berries & cinnamon apples

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Red miso eggplant on a bed of greens

Quinoa salad with pad thai dressing & julienned radish

#### DINNER

Red dahl with coconut forbidden rice with lemon yoghurt condiment  
and tomato chutney

Side of charred lemon broccoli

#### DESSERT

Strawberry & raspberry coconut mousse with salted almond shortbread



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## SUMMER MENU

### TUESDAY | SACRAL CHAKRA MENU

#### BREAKFAST

Immunity Booster Juice - Carrot, ginger, orange, lemon, pepper & tumeric

Fruit platter

Acai bowl with mango puree and almond granola

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Corn, sweet potato & chickpea fritters with tomato chutney

Orange & walnut mixed leaf salad with orange vinaigrette

#### DINNER

Pumpkin and ginger soup

Side of herbed baked potatoes & honey roasted carrots

#### DESSERT

Quenelle of mango on a macadamia cacao base



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## SUMMER MENU

### WEDNESDAY | SOLAR PLEXUS CHAKRA MENU

#### BREAKFAST

Rejuvenator Juice - Pineapple, coconut, ginger & spinach

Fruit platter

Chia pots with passionfruit coconut yoghurt

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Roasted cauliflower, parsnips & caramelised onion with tumeric & ancho dusting

Turkish fattoush salad

#### DINNER

White miso soup with black fungi, silken tofu & soba noodle

Side of eggplant with black vinegar & ginger sesame dressing

#### DESSERT

Passionfruit and coconut panna cotta



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## SUMMER MENU

### THURSDAY | HEART CHAKRA MENU

#### BREAKFAST

Green Enzyme Lover Juice - Spinach, lemon, green apple, kiwi fruit

Fruit platter

Porridge with melted banana, coconut milk & caramelised pineapple

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Mexican hotpot with salsa lime tortilla with bio cheddar cheese

#### DINNER

Thai eggplant and green bean curry with coconut brown rice

Side of endive salad

#### DESSERT

Lime & pandan coconut cheesecake on macadamia & walnut base



# Solar Springs Pop-Up

## SUMMER MENU

### FRIDAY | THROAT CHAKRA MENU

#### BREAKFAST

Electrolyte Juice - Lemon, blueberry, orange

Fruit platter

Trifle bowl of coconut yoghurt, blueberries and granola

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Dukkha mushroom shawarma with flatbread and jalapeno salsa

Greek salad

#### DINNER

Lentil & fennel meatballs with black olives in tomato ragu

on a bed of fettuccine

Side of vegetables

#### DESSERT

Cinnamon, blueberry, banana & cacao top ice-cream



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## SUMMER MENU

### SATURDAY | THIRD EYE CHAKRA MENU

#### BREAKFAST

Healthy Mind Juice - Purple grape, coconut water, apple & cucumber

Fruit platter

Blueberry chia pots

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Create your own Buddha bowl

Fennel salad with pineapple, mango & star anise dressing

#### DINNER

Edamame & zucchini risotto with a herbed broth reduction

Steamed seasonal greens with flaked almonds

#### DESSERT

Tofu chocolate orange jaffa mousse



# Solar Springs Pop-Up

## SUMMER MENU

### SUNDAY | CROWN CHAKRA MENU

#### BREAKFAST

Wellness Protector Juice: Watermelon, passionfruit, orange & elderberry extract

Fruit platter

Porridge with melted banana, coconut milk & caramelised pineapple

Breakfast Platter - *build your own bowl with:*

Roasted thyme tomatoes, avocado, sautéed mushrooms, wilted lemon spinach with caramelised onion and rocket & walnut pesto

#### LUNCH

Roasted rosemary cauliflower soup with garlic croutons

Salad of fennel, pomegranate, apple and walnut with an orange vinaigrette

#### DINNER

Mushroom fricassee with cauliflower mash

Side of chargrilled lemon broccoli

#### DESSERT

Creme caramel with salted coconut caramel

