



Our Menu

All our menus are vegan, meaning they contain no animal products. Some of our options are plant based, this means that some parts have been dehydrated for 12-18 hours and served raw by being cooked under 116 degrees celcius.

All of our organic produce arrives fresh every morning, this is why we require guests to pre order their meal choices to allow for the dehydration process & to ensure, for the environment, we run at as little waste as possible.

Miguel our head chef, studied the raw plant based cuisine for over a year at Living Light Academy in California in preparation of Glass House retreat opening. Miguel also studied at the Jason Vale academy to learn and create our juicing menu.

With over 18 years experience, Miguel, originally from Madeira in Portugal has tailor made these menu's to fit with your goals.

With his team of dedicated and passionate chefs, your meals are freshly made, from scratch, everyday.



Our Menu

If you are choosing the Juicing detox plan:
Please choose 1 juice/ smoothie for breakfast and lunch
and a soup for dinner.

If you are choosing the Weight Loss Detox Plan:
Please choose 1 option from Weight loss breakfast, one option
from the Lighter choices for lunch and dinner.

If you are choosing the Equilibrium Detox Plan:
Please choose one meal & an optional smoothie
For lunch, please choose one option from Lighter choices/
Equilibrium. For Dinner please choose 1 dish from Lighter
Choices/ Equilibrium as a main course & an optional soup for
starter.

Please be aware, some of our dishes are served chilled which
can be seen with a © next to them.

Please note, if you opt for lunch on your departure day, you
will automatically be charge £12.50pp



Smoothies

Strawberry Supreme

Packed full of lycopene, which gives raspberries their pigment, acts as a great antioxidant providing natural sun protection. Bananas' high potassium and low sodium content may also help protect your cardiovascular system against high blood pressure.

Vision Express

Eating your carrots will help you see in the dark wasn't just a war time tale, packed full of carotene, which contains lutein helps to support good eyesight as lutein is stored in the retina of the eye whilst orange juice boosts the immune system with vitamin C which can reduce the risk of macular degeneration.

Blue Lagoon

Blueberries & blue spirulina gives this smoothie its colourful appearance, gram for gram, spirulina may be the single most nutritious food on the planet. The quality of the protein in spirulina is considered excellent — comparable to eggs. It gives all the essential amino acids that you need. This smoothie is great on its own if you are looking for a filling smoothie to start your day.

The Green Mile

As green as its title, the green mile is full of green fruits & vegetables to promote a healthy heart, blood and bones. With avocado & peanut butter for good natural fats & protein this smoothie will set you up for the day in the greenest way.

Raspberry Dream

Packed full of good fats, omega 3 and vitamin K, this raspberry flavoured smoothie offers a great alternative when consuming a plant based diet to reach your recommended omega 3 dosage whilst raspberries aid in the detoxification process.

Hawaiian Heaven

Sail away to a tropical island as you enjoy our holiday smoothie. With flavours of pineapple and coconut, the natural oils will not only help to provide healthy hair, skin & nails but maintain the health of internal organs whilst giving external radiance.



Juices

At the Glass House Retreat, our juices provide all the benefits of eating fruit & vegetables & more. Juicing separates the nutrient dense juice from the pulp, so it is concentrated & easy to digest. This gives your body vitamins, anti-inflammatory compounds and anti-oxidant that are easily absorbed. Your body will get a quick boost of natural & long lasting energy. Additionally, the juice will clean undesired toxins out of your body. This process will give you mental clarity, more radiant skin and overall improved health.

The Re-energiser

Apple, Beetroot & Cucumber

The Rejuvenator

Celery, Spinach, Cucumber & Ginger

The Rebuilder

Pineapple, Apple & Ginger

The Revitalizer

Pineapple, Mint, Lemon & Celery

The Refresher

Kiwi, Apple, Celery, Cucumber

The Reviver

Watermelon, Mint,
Raspberry & Cucumber

The Restorer

Carrot, Lemon, Orange & Turmeric

The Resetter

Kale, Lemon, Ginger,
Cucumber, Apple & Celery



Soups

Mushroom & Chive

Pea & Mint

Tomato & Basil

Vegetarian Pho

(Asian Broth)

Carrot & Coriander

Minestrone

Spinach & Thyme



Weight Loss Menu

If you're looking for lighter choices to assist in weight loss, these dishes have been balanced in their macros to aid weight loss, when combined with our full Glass House programme.

Of course, no two bodies are the same, therefore everybody's results differ.

This is dependant on length of stay, previous habits & lifestyle and genetic make up.

Should you wish to discuss further, please book a Tanita full body assessment and analysis at the beginning of your stay with one of our wellness specialists to help you achieve your goals.

Of course, no matter what you choose, you will be consuming healthy foods, packed full of nutrients to help you renew, reset & leave with a healthy glow.

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Weight Loss Breakfast

Blueberry & Almond Granola

Set yourself up for the day with a bowl of our special gluten free granola. The combination of buckwheat, flaxseeds, flaked almonds, dried blueberries, sultanas, walnuts & pumpkin seeds guarantee your energy levels until lunchtime.

Breakfast Oats

Warm your morning with a bowl of breakfast oats packed with flaked almonds & fresh blueberries served with warm milk & a garnish of colourful fruits.

Yoghurt & Fruits

A bowl of silky coconut yoghurt served with a selection of fruits.



Lighter Choices

Sushi Vegetable Roll

Fresh julienne peppers, carrots & red cabbage accompanied by beanshoots & avocado encased in nori sheets. Served with tamari dip & side of raw asian slaw. ©

Purple Rice Cauliflower

Balanced purple cauliflower, seasoned with chives & herbs, sweetened with cherry tomatoes & sweetcorn enriched, then marinated in lemon & pink himalayan salt, all drizzled with a fresh herb dressing and served with pine nuts & pumpkin seeds. ©

Oriental Raw Stir Fry

A selection of crisp sweet peppers, cabbage & spring onions marinated with rice noodles & topped with charred sesame pineapple. ©

Heirloom Tomato Salad

A fresh combination of English heirloom tomato's, crisp cucumber & sweet fresh figs dressed in herb oil. ©

Chilli Taco Salad

A bowl of warm and hearty vegetable chilli, accompanied by two gluten free taco shells brimming with a delicious freshly made salsa topped with guacamole.



Lighter Choices

Asparagus Saffron Rice

Golden saffron enriched wild rice dance with the flavours of tarragon & dill as they marry with wild mushrooms, asparagus & toasted nuts.

Mushroom Risotto

Rich marinated wild mushrooms folded into creamy risotto rice & sprinkled with fresh chives & shavings of vegan cheese, truly delicious.

Mediterranean Quinoa

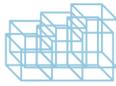
Beautifully light quinoa grains mixed with pine nuts, grated purple cauliflower, carrots & spring onion then enveloped in a lightly spices seasonal dressing & served chilled. ©

Asian Spring Roll

A selection of colourful sweet julienne peppers, beanshoots, avocado & red cabbage encased in soft rice paper. A portion of sweet chilli sauce on the side makes for the perfect combination of sweet and crunchy ©

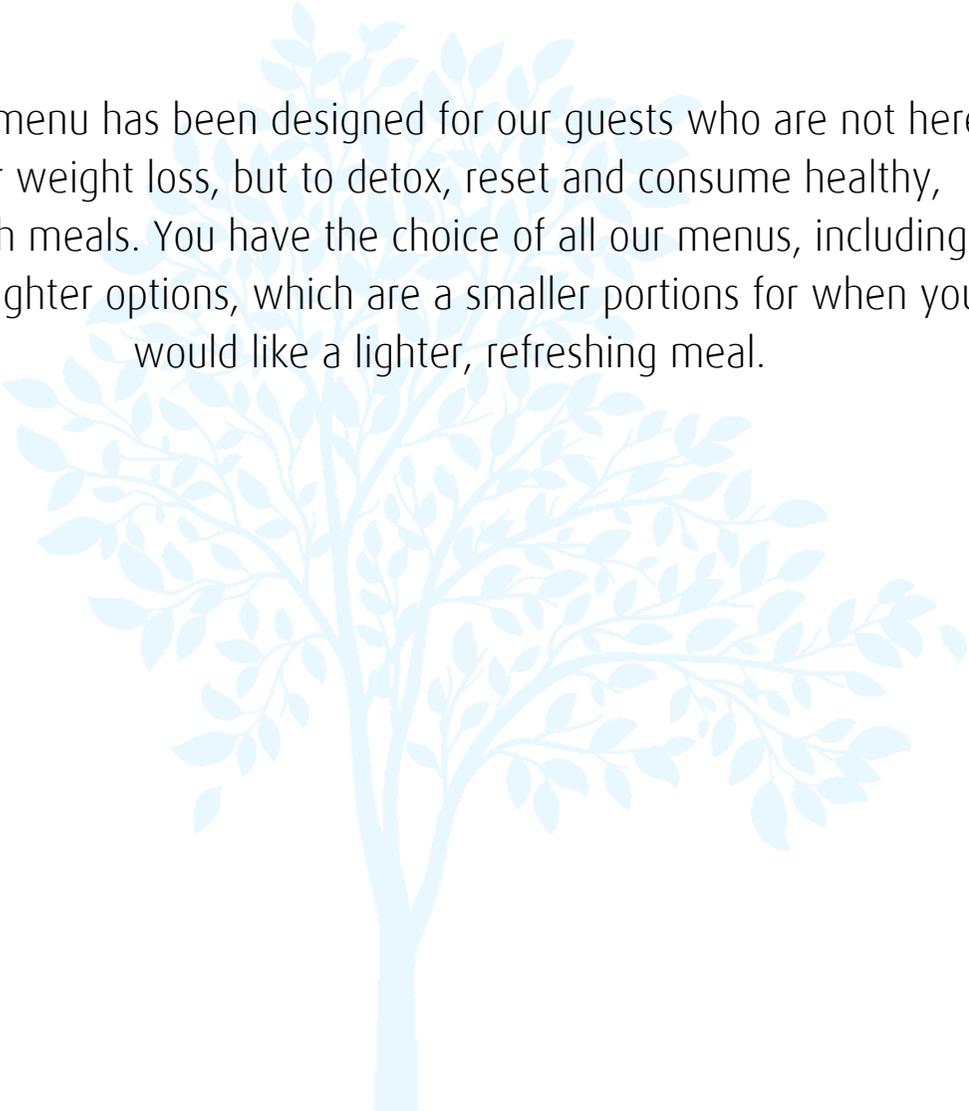
Roasted Vegetable Penne Pasta

This chilled summer salad is packed with the goodness of roasted veg, artichokes, kidney beans, olives & cherry tomatoes tossed with penne pasta and drizzled with balsamic vinegar. ©



Equilibrium Menu

This menu has been designed for our guests who are not here for weight loss, but to detox, reset and consume healthy, fresh meals. You have the choice of all our menus, including our lighter options, which are a smaller portions for when you would like a lighter, refreshing meal.





Equilibrium Breakfast

Blueberry & Almond Granola

Set yourself up for the day with a bowl of our special gluten free granola. The combination of buckwheat, flaxseeds, flaked almonds, dried blueberries, sultanas, walnuts & pumpkin seeds guarantee your energy levels until lunchtime.

Healthy Pancakes

Enjoy a stack of golden gluten free pancakes served with creamy vegan yoghurt & fresh berries accompanied by a spoon of sweet amber agave for the perfect drizzling partner.

Breakfast Oats

Warm your morning with a bowl of breakfast oats packed with flaked almonds & fresh blueberries served with warm milk & a garnish of colourful fruits.

Yoghurt & Fruits

△ bowl of silky coconut yoghurt served with a selection of fruits.



Equilibrium

Thai Curry

A fragrant vegetable & coconut curry served on a bed of rice noodles, topped with fresh beanshoots, mange tout and a rice cracker.

Zucchini Tofu Arrabbiata

Rainbow zucchini ribbons marinated in lemon, oregano & basil topped with tofu & walnut balls and dressed with an almond cream sauce. Accompanied by a selection of seasonings & a warm tomato sauce. ©

Ancient Grain Salad

Energy filled buckwheat salad seasoned with fresh vegetables, succulent green olives, cherry tomatoes & topped with freshly diced herbs. ©

Bean Burger Slaw & Fries

A flavour filled bean and lentil burger topped with grilled red onion, gherkins, vegan cheese, vegan bacon, gem lettuce & burger sauce in a gluten free home made bun. Served with a side of multi vegetable fries, corn on the cob, slaw and seasoned mayo dip.

Spaghetti Al Pesto

Gluten free spaghetti coated in a rich pesto sauce, served with hard vegan cheese shavings & sprinkled with pine nuts.



Equilibrium

Sweet Potato, Cashew & Apricot Chutney Tart

A light & flaky gluten free short crust pastry tart filled with sweet potato, cashew nuts & apricot chutney. Topped with seeds & nuts and served with a spinach, fig & caramelised onion salad.

Zucchini Ravioli

Zucchini parcels stuffed with fresh spinach cashew pesto, gently roasted & served with a sundried tomato & basil sauce.

Quinoa and Roast Vegetables

Quinoa packed with roasted vegetables, pistachio, mixed seeds and topped with grilled sweet peppers & walnuts.

Tomato and Avocado Parcel

Layered seasonal avocado & tomato wrapped in grilled zucchini & served on a bed of mixed nuts. ©

Zucchini Lasagna

Layers of rainbow zucchini & tomato, red and green pesto & almond cheese, topped with charred nutritional yeast. ©