



Retreat Brochure

Retreat Catering

Retreats provide an opportunity for like-minded individuals to come together and share new experiences. A.P. Chef loves to cater for retreats and believes that cooking is not just about feeding, but also about uniting individuals and creating memories for people through food.

A.P. Chef's Full Catering Package

Feeding a large group of people, sourcing food and managing a budget is a very time consuming job therefore A.P. Chef takes this hassle off your hands and provides a full retreat catering package.

A.P. Chef's Food & Style Of Cooking

A.P. Chef's cooking is about celebrating seasonal and exceptional produce and creating inventive dishes that soak up the flavours of the environment. Food is fuel and the cooking is always vibrant and veg-centric that explodes with flavour.

A.P. Chef Approach & Bespoke Menu Planning

A.P. Chef creates well balanced menus with a focus on nutrition and gut health by incorporating many different varieties of plants and some ferments onto the menu plan. Locally sourced meat and fish is usually included on the menu plan throughout the retreat but not for every meal. However, it is understood that each retreat has different catering needs and we are happy to offer bespoke menu plans to suit.

Sustainability

Striving for a positive food cycle that minimises food waste and air miles by inventive cooking techniques and sourcing ingredients from local farmers and fishermen is what A.P. Chef is all about.

Beautifully Presented Food

A.P. Chef visually maps out a dish as well as creating the recipe as it is important that food feeds into all sensory receptors, which in doing so, feeds the soul.

About Ali Pumfrey

Ali Pumfrey is a food educator, recipe developer and chef that specialises in creating nourishing and well balanced menus and catering for wellbeing retreats and private and corporate events. In 2016, Ali enrolled to train at Leith's School of Food and Wine. After working in many professional kitchens, including the historic restaurant Andrew Edmunds and the iconic River Café, Ali set up A.P. Chef, a catering business focusing on cooking with seasonal ingredients and creating bespoke events. Keen to provide nutritionally focussed menus, Ali completed a CDP and Afn certified diploma in nutrition and this knowledge is reflected across the menus, sourcing of ingredients and cooking methods. Ali is passionate about working with brands that hold similar values and collaborates by writing exclusive recipes for their respective platforms.

As well as being the Marketing Chef for Yeo Valley, Ali has also worked with brands including The Wedding Shop, The Cornish Fishmonger, Seed and Bean Chocolate and Vogue Magazine.

THE SAVOURY BREAKFAST

To avoid glucose-spiking foods we recommend a savoury breakfast which will result in a totally new experience with no cravings and steady energy

Continental

Sugar Free Granola, Yogurt & Fruit

Sugar Free Overnight Oats

Smashed Avocado, Toasted Seeds on Toast. Optional *Smoked Salmon*

Mushroom & Pepper Frittata

Savoury Jam Bagel

Salmon, Cream Cheese on Rye Bread

Soft Boiled Egg, Cured Meats Cheese & Baguette

Quinoa Banana & Date Loaf

Cooked Breakfast To Order

The Breakfast Plate
Eggs, Mushrooms, Tomatoes, Locally Sourced Sausages & Bacon on Sourdough Toast

Red Pepper Shakshuka
Eggs, Feta & Pitta

Mezze spread: Carrot and Chickpea Cakes, Harissa Yoghurt, Matbucha with Soft Boiled Egg & Spicy Sausage

Retreat Brochure

THE VINEGAR RITUAL

One tablespoon of vinegar before a meal can reduce the glucose spike of that meal by up to 30 percent thereby reducing inflammation, slowing down aging, increasing energy, balancing our hormones and helping our brain.

The Vinegar Ritual Menu

Drinks

The Classic Cocktail , The Lemon Cocktail , The Ginger Giant or No-Orange Juice Spritzer

Pickles

Cauliflower & Zaa'taar pickles or cucumber & fennel Pickles

Salad Dressing

Oregano dressing, parmesan dressing, spicy siracha, harissa and yogurt and olive & caper

** The vinegar ritual can easily be disguised in salad dressings or pickles to go on top of salads. Therefore if the drinking ritual doesn't suit the retreat, we can incorporate the vinegar into the meals instead. Expert advice taken from The Glucose Goddess and biochemist, Jessie Inchauspé.*



Retreat Brochure

LUNCH SPREAD

Chicken Caesar Salad
Beetroot, Roasted Vegetables and Goats
Cheese Salad
Green Bean & Red Onion Salad

Spinach, Tomato & Red Onion Quiche
Sage Aubergine Bulgur Wheat
Cucumber & Green Salad

Tomato and Corn Panzanella Salad
Vegan Coronation Cauliflower & Pitta
Mediterranean Vegetable Lentil Salad

Seared Beef Salad
Spicy Sesame Tofu Nuggets & Rocket
Brown Rice and Harissa Salad

Orzo & Flaked Salmon Pasta Salad
Roasted Tomato, Shallot & Mozzarella
Grilled Courgette & Aubergines

Thyme & Lemon Grilled Chicken
Broccoli Baked Fritters
Quinoa Stuffed Red Peppers

Harissa Cauliflower, Quinoa Tabbouleh
Hazelnut, Green Beans & Mange Tout
Beetroot & Bean Burgers

Falafel & Hummus Wraps
Potato, Spring Onion & Beetroot Salad
Tzatziki & Tomato Salad

SWEET TREAT

Sugar-free & Plant Based Options Available

Almond and Medjool Date Energy Balls

Seeded Date & Pecan Flapjack

Tahini Apple Flapjacks

Raw Raisin Nut Bars

Date & Honey Cake

Crumbled Salted Caramel Millionaire
Shortbread

Coconut Carrot Cake

Lemon Drizzle Cake

Oatmeal & Raisin Cookies

Courgette, Pistachio and Lemon Cake

Medjool Date Millionaire

Chocolate Brownies

Sesame Banana & Date Cake

Hot Cocoa

Seasonal Fruit Salad Platter

VEGGIE STARTER

Fibre is found abundantly in vegetables. When eaten at the beginning of a meal, it has a particularly powerful impact on glucose levels as it reduces the speed at which glucose arrives into our bloodstream and reduces the glucose spike after a meal.

Coronation Cauliflower, Mango Chutney, Toasted Slivered Almonds on Baby Gem

Peacamole Salsa on Corn Fritter

Miso Aubergine and Spinach Salad

Pad Thai Vegetables with Courgette Rolls

Vegetable Fritters with Yogurt Dressed Leaves

Roasted Broccoli, Red Onion and Romesco Sauce Taco

Ratatouille Vegetables & Basil Pesto

Sesame, Spinach and Feta Filo Triangle with Tzatziki

Aubergine Caponata, Bruschetta and Pine Nuts

Crudit , Rosemary Roasted Nuts & Beetroot Hummus or Peacamole

Slow Roasted Tomatoes and Yogurt Salad

** This can be incorporated into the main spread and so the starters and the main course are served together.*

DINNER

Breadcrumbs Hake
Or Lentil Stuffed Aubergine
Ratatouille, Pesto Potatoes & Greens

Sea Bass with Ginger & Chilli
Or Miso Sesame Aubergine
Fiery Wild Rice, Pickled Cucumber & Kale

Chicken Cashew Nut Curry
Or Vegetable Cashew Nut Curry
Brown Rice, Onion Bhajis & Mint Raijta

Lamb Kofte with Spiced Tomato Sauce
or Mushroom with Spiced Tofu
Hummus, Quinoa Tabbouleh and Pea Salad

Persian Slow Cooked Lamb Shoulder
Or Sesame Vegan Baked Falafel
Vegetables and Harissa Chickpea Rice

Beef Onglet with Chimichurri
Or Leek & Chickpea Fritter
Grilled Cabbage, Baby Potatoes & Sugar Snap Peas

Lamb, Tamarind & Apricot Tagine
Or Vegetable & Chick Pea Tagine
Herby Couscous, Crispy Kale and Peas

Cambodian Lok Lak Curry
With Beef or Aubergine
Rice, Crispy Shallots & Greens

Beef Chilli Con Carne
Or Lentil Chilli Con Carne
Salsa, Sour Cream, Brown Rice & Greens

Pretreat Brochure

DINNER

Harissa Roasted Salmon Side
Or Sesame Roasted Tofu on Baby Gem
Aubergine Caponata & Pesto Potatoes

Marinated Monkfish Kebabs
Or Chickpea Burger
Flatbread, Harissa Brown Rice & Grilled Vegetables

Greek Lamb Stew
Or Greek Vegetable Stew
Tomato, Red Onion and Spinach Potatoes

Marinated Rump Steak
Or Nut Roast
Tomato Pesto, Potato and Shallot Salad & Greens

Pulled Pork & Buns
Or Vegetable Burger
Rosemary Roasted Sweet Potato Fries & Slaw

Chicken and Orzo Pasta
Or Vegetable Orzo Pasta
Diced Vegetables and Cheesy Croutons

Salsa Verde Chicken Thigh
Or Salsa Verde Cauliflower
Red Peppers Stuffed with Quinoa & Greens

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Dietary Requirements

All dietary requirements must be agreed at least 2 weeks before the retreat. The food is usually served sharing style to encourage sociable eating.

For guests that have specific dietary requirements, their food will be plated up in the kitchen and they must make themselves known at the beginning of the retreat.

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