



# *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 quality ingredients 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.

## **Organic Ingredients & Seasonal Produce**

Wherever the retreat is held, A.P. Chef prioritises sourcing fresh ingredients from local organic, regenerative farms, showcasing this produce throughout the menu.

## **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.



## **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 can be 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. We also offer a fully vegetarian and vegan package.

## **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 chef, recipe developer, and food educator specialising in nourishing, balanced menus for wellbeing retreats, private events, and corporate gatherings. In 2016, she trained at Leith's School of Food and Wine, then honed her skills in renowned kitchens like Andrew Edmunds and the River Café before founding A.P. Chef - a catering business with a deep passion in crafting unforgettable moments around the joy of shared delicious food with seasonal, thoughtfully sourced ingredients. Driven by a passion for nutrition, Ali completed a CDP and Afn certified diploma in nutrition and this knowledge is reflected across the menus, sourcing of ingredients and cooking methods.



## BREAKFAST

*To avoid glucose spikes, we recommend selecting a savoury breakfast for steady energy and no cravings.*

### All Options Served With...

Fresh Juices, Tea, Pukka Herbal Tea & Coffee

Fruit salad, Yoghurt & Granola  
or  
Overnight Oats & Fruit

Sourdough Nut Butters & Jam

### Savoury or Cooked Options

*Extra option choose one*

Oat & Banana Pancakes  
*Toppings Greek Yoghurt & Roasted Nuts*

Red Pepper Shakshuka  
*Eggs, Feta & Pitta*

Middle Eastern Style Mezze Spread  
*Carrot & Chickpea Cakes, Spiced Tomato Chutney & Soft Boiled Egg*

Breakfast Buddha Bowl  
*Falafel, Hummus, Smashed Peas & Quinoa Mushrooms*

Toasted Seeds, Smoked Trout & Smashed British Peas  
*On Sourdough & Soft Boiled Egg*

Breakfast Frittata  
*Locally Sourced Bacon, Sausages & Sourdough*

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## B R E A K F A S T

### **Continental**

*Always Served with...*

Pastries & Jam Selection

*Extra option choose one*

Savoury Jam Bagel

Soft Boiled Egg, Cured Meats Cheese &  
Baguette

Quinoa, Banana & Date Loaf

or

Oat Breakfast Muffins



## THE VINEGAR RITUAL & FERMENTS

### **The Vinegar Ritual**

*A tbsp of vinegar before a meal can lower glucose spikes by up to 30%, reducing inflammation, balancing hormones, and boosting energy. If the drinking ritual doesn't suit the retreat, we can incorporate vinegar into dressings or pickles.*

#### *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

### **Ferments**

*Fermented foods are packed with probiotics that support gut health, digestion, and immunity. We enjoy fermenting seasonal produce like sauerkraut and kimchi to preserve and boost their nutritional value—expect to see these and more on the menu!*

Sauerkraut

Kimchi

Kombucha

Fermented Fava Bean Paste

Tempeh

Sourdough

Kefir





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## LUNCH SPREAD

Balsamic Beetroot & Goat's Cheese  
Squash & Parsnip Soup with Sage  
Whipped Herby Butter & Sourdough

Pumpkin Dhal with Yogurt Flatbread  
Kefir Beetroot, Spiced Shallot & Mint  
Cauliflower, Red Onion & Chickpeas

Beetroot & Bean Burger  
Rosemary Roasted Chips  
Marinated Kale Salad

Quinoa Vegetable Stuffed Mushrooms  
Squash Caponata  
Sprout, Kale & Apple Slaw

Beef & Pork Kofta  
Brown Rice, Lentils & Crispy Onions  
Whipped Local Feta & Pickles

Yogurt & Herb Chicken Breast  
Brown Rice Salad  
Rosemary Root Vegetable Salad

Trout, Kefir, Beetroot & Butterbeans  
Jacket Potato (sweet or normal)  
Miso Mushroom Salad

Yogurt & Cucumber Mackerel Pate  
Root Vegetable & Tomato Traybake  
Leaves & Apple Cider Vinegar Dressing

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## SNACKS & SWEET TREATS

Golden Turmeric Milk  
Hot Cocoa or Chai Tea  
Super Green Smoothie

Beetroot Hummus & Crudit   
Edamame, Roasted Chickpeas & Nuts  
Cottage Cheese, Kefir & Kimchi on  
Mini Bruschetta  
Sesame Tempeh Salad Cups  
Mushroom & Nut Falafel with  
Cucumber Yogurt

Almond & Medjool Date Energy Balls  
Seeded Date & Pecan Flapjack  
Tahini Apple Flapjacks  
Raw Raisin Nut Bars  
Medjool Date Millionaire  
Cocoa Nib & Tahini Medjool Date  
Brownies  
Seeded Chocolate Bark  
Raw Cookie Dough Bark

### *Indulgent Options:*

Date & Honey Cake  
Crumbled Salted Caramel Shortbread  
Carrot Cake with Cashew Cream Icing  
Coconut Macaroons  
Pistachio Polenta Cake  
Oatmeal & Raisin Cookies  
Sesame Banana & Date Cake

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## 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, Toasted Almonds on Baby Gem

Peacamole, Sour Cream on Corn Fritter

Sesame Miso Mushroom Salad

Vegetable Fritters with Yogurt Leaves

Marinated Kale, Red Onion and Romesco Sauce Salad

Ratatouille Root Vegetables & Pumpkin Seed Pesto

Squash Caponata, Bruschetta & Toasted Pine Nuts

Crudit , Rosemary Roasted Nuts & Dips

Rainbow Beetroot & Yoghurt Salad with Savoury Granola

Grilled Carrots & Sauerkraut, Tahini Yogurt, Pistachio Dukkha & Kale

Kimchi, Spiced Cauliflower & Chickpea Salad

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

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## DINNER

Chicken & Parsnip Dhal  
Or Squash, Chickpea and Peanut Curry  
*Brown Rice, Sprout and Pickled Slaw*

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

Local Catch with Ginger & Chilli  
Or Miso Mushroom & Bean Bowl  
*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 & Pea Salad*

Prune & Tamarind Lamb Tagine  
Or Squash & Cavolo Nero Tagine  
*Vegetables & Harissa Chickpea Rice*

Beef Onglet with Chimichurri  
Or Leek & Chickpea Fritter  
*Seared & Braised Cabbage & Potatoes*

Cambodian Lok Lak Curry  
With Beef or Cauliflower  
*Rice, Boiled Egg, Crispy Shallots & Greens*

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





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## DINNER

Roast Whole Chicken with Jus  
Or Nut Roast  
*Root Veg, Braised Cabbage & Potatoes*

Chicken Pearl Barley Broth  
Or Vegan Minestrone Soup  
*Greens & Cheesy Sourdough Croutons*

Shepherd's Pie with Root Vegetable  
Lamb or Lentils  
*Carrots, Kale & Peas*

Beef Shin Hot Pot  
Or Mushroom & Chickpea Hot Pot  
*Root Mash and Cavolo Nero & Kale*

5 A day Healthy Lasagne  
Beef or Vegetables  
*Roasted Parsnips, Carrots & Greens*

Turkey Meatballs in Tomato Sauce  
Or Squash Parmigiana  
*Brown Cous Cous & Rainbow Beetroot*

Salsa Verde Chicken Thigh  
Or Salsa Verde Cauliflower  
*Roasted Vegetable Quinoa Bowl & Greens*

Pork & Apple with Creamy Mushrooms  
Or Ginger Tofu Meatballs  
*Root Mash, Caramelised Onions & Greens*

*Potential Brochure*



## DESSERT

Chocolate, Medjool Date Caramel,  
Almond Yogurt Pot

Coconut Chia Seed Pudding

Tofu Chocolate Mouse with Kombucha  
Frozen Truffles

Cinnamon Apple Crumble with Oat  
Topping and Cream

Baked Pears with Kefir & Cardamom,  
Flax Seed Ground Nuts

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