

# Sample "Soil to Gut" Menu - Vegetarian

This is just to give you a flavour of our offering.  
Meals will vary in response to what is fresh and best at the time.  
The food we serve is simple, hyper-local and nutrient-dense.  
Most is home-grown on our regenerative farm or wild-foraged on our land. We aim to source 80% of produce from within 42 miles.

## BREAKFAST

yoghurt, granola, fruit,  
breads, homegrown fruit spreads  
oat, mushroom and Lulworth Cove-foraged seaweed porridge\*  
local organic fruit juice

## LUNCH

lentil, quinoa rainbow salad  
homegrown bitter and spicy salad leaves

## DINNER

Plotgate Farm tomatoes and homegrown borlotti bean chilli  
hot cornbread

## SWEET THINGS

rosemary-infused raw cashew cheesecake with homegrown berries  
'hug in a mug' - homegrown medicinal mushroom turkey tail chai

snacks  
available too!



\*  
We cater for  
ethical choices  
and allergies  
on request.

# Sample "Soil to Gut" Menu - Vegetarian

This is just to give you a flavour of our offering.  
Meals will vary in response to what is fresh and best at the time.  
The food we serve is simple, hyper-local and nutrient-dense.  
Most is home-grown on our regenerative farm or wild-foraged on our land. We aim to source 80% of produce from within 42 miles.

## BREAKFAST

yoghurt, granola, fruit  
breads, homegrown fruit spreads  
plant-based porridge  
today's hot breakfast: wild leaf frittata or marinated tempeh  
local organic fruit juice

## LUNCH

home-grown shiitake and winecap mushroom miso broth  
wild black rice

## DINNER

homegrown squash curry with braised savoy cabbage

## SWEET THINGS

seasonal fruit crumble  
with homemade local fro-yo or plant-based fro-yo.

We cater for  
ethical choices  
and allergies  
on request.



snacks  
available too!

# Sample "Soil to Gut" Menu - Vegetarian

This is just to give you a flavour of our offering.  
Meals will vary in response to what is fresh and best at the time.  
The food we serve is simple, hyper-local and nutrient-dense.  
Most is home-grown on our regenerative farm or wild-foraged on our land. We aim to source 80% of produce from within 42 miles.

## BREAKFAST

yoghurt, granola, fruit  
breads, homegrown fruit spreads  
plant-based porridge  
local organic fruit juice

## LUNCH

homegrown winter squash soup, toasted tamari seeds and chilli oil  
homegrown herb and leaf pesto  
bread and butter

## DINNER

mushroom and beetroot stew  
celeriac mash

## SWEET THINGS

42 Acres hippie 'snickers' bars  
with homegrown wild nettle seed,  
hemp and pendulous sedge nougat

We cater for  
ethical choices  
and allergies  
on request.



snacks  
available too

