**Breakfast**

Banana muffins

Oat waffles with maple syrup

Crunchy apricot toast

Homemade muesli

Maple walnut granola

Spicy pumpkin pancakes

Zucchini and tofu scramble on toast

**Lunch ideas**

Chickpea and spinach with a sofrito of garlic and paprika

Warm new potato and asparagus salad

Grilled tofu steak salad with soy sauce, sesame and ginger

Grilled vegetables with basil oil

Sweet barley, radicchio and rocket salad

Broccoli, beetroot, pear and dandelion salad

Cannellini beans with garlic and parsley

Pardina lentil salad with cashew, chilli and orange

Freekeh salad with bulgur wheat, preserved lemon, cumin and mint

Chilli runner beans stir-fried

Penne pasta with roasted red pepper pesto

Lebanese tabouleh with spring onion, mint and cinnamon

Cauliflower and white radish pickle

Guacamole salad with chilli beans

Tomato, olive and spring onion couscous

Fusilli with parsley and pistachio

Vegan quiche with tofu, garlic, tomato and basil

Coca de trampo, mallorquin slice with tomato, pepper and onion

Sautéed Swiss chard with garlic

**Dinners**

Cauliflower and carrot terrine

Stuffed marrow rings with onion and almond

Chocolate tahini fudge

Butternut squash soup

Chestnut and wild mushroom farinata

Blood oranges in rosemary pepper syrup

Tom yum vegetable soup

Green thai vegetable curry

Thai fruit salad

Mango and avocado salad with chilli vinaigrette

Chickpea stew with lemon and spinach

Cranachan with soya cream, raspberry and whisky

Chilled tomato soup with almond and garlic

Stuffed savoy leaves with tomato and chilli risotto

Gluten free vegan chocolate cake

Fresh ceps with chilli and garlic

Sweet and sour aubergine

Strawberries and basil in hot syrup

Avocado stuffed with tomato and coriander salsa

Tofu, broccoli and cashew stir-fry

Cherry torte