

Detoxification begins with a reduction in natural, unprocessed foods. Detox Cuisine revitalises the metabolism and re-energises the body. Food labs during the retreat provide ideas for a deeper understanding of the effect of our diet on the body.

ON YOUR TABLE

spice as you desire:

nuts | herbs | sesame salt

olive oil | linseed oil

POST BEZAU DETOX CUISINE

BREAKFAST

parsley root broth

buckwheat – blackberry | oat – plum

chia seed pudding | cardamom

Juicing:

freshly pressed vegetable juice with linseed oil

UPON REQUEST:

porridge of the day

LUNCH

celery soup

pea pasta | green spelt | cauliflower | spinach
tomberry tomato

AFTERNOON

juicing:

freshly pressed vegetable/fruit juice with linseed oil

DINNER

indian eggplant | romanesco | dukkah | bell pepper

zucchini soup