

Vegan Ayurvedic catering

**HOLISTICALLY NOURISHING, WHOLE FOOD,
NATURAL, ANIMAL-FRIENDLY & DELICIOUS.**

We're happy to cook for you and your group during your retreat, training, workation or holiday at Villa Soluna. Half board, or brunch/dinner individually, is served as a buffet and can be booked from 7 people upwards.





In our Holistic Holiday Home, we cook for you with lots of love — vegan and Ayurvedic, whenever you wish.

In our kitchen we work with a wide variety of fresh fruit and vegetables — some of it from our own garden. We care about varied meals and nutrient-rich, whole-food dishes made from natural ingredients only — with complex carbohydrates, high-quality oils and valuable protein sources.

We cook and bake exclusively with ancient grains, largely sugar-free, and always offer gluten-free alternatives as well.

For us, modern Ayurvedic cuisine means serving a varied selection of warm dishes at any time of day, integrating all tastes, using herbs and spices consciously as medicine, combining foods thoughtfully — and, above all, preparing meals with calm and mindfulness.

WHAT YOUR BRUNCH BUFFET COULD LOOK LIKE

- Pumpkin spelt rolls
- Walnut-pepper spread
- Tofu scramble with vegetables
- Raw vegetable platter
- Banana protein pancakes
- Hazelnut chocolate cream
- Steamed cinnamon apples
- Oat-amaranth porridge
- Fresh, sun-ripened fruit

WHAT YOUR DINNER BUFFET COULD LOOK LIKE

- Baked sesame potatoes and sweet potatoes
- Artichoke dip
- Falafel
- Tempeh and vegetables in tahini-soy sauce
- Sourdough bread
- Pumpkin-zucchini soup
- Tiramisu

OR

- Quinoa & rice in basil olive oil
- Red lentil bolognese
- Aromatic broccoli
- Garlic naan
- Guacamole
- Papaya salad and cucumber salad
- Dubai dates

**ENJOY.
NOURISH.
CONNECT.**

*whole food,
peaceful
atmosphere.
lovely talks.*



Prices

- Brunch: €20 / person
- Dinner: €25 / person
- Pizza evening: €25 / person
- Half board (brunch + dinner + snacks + tea/coffee): €50 / person
- Cooking class: €50 / person

Catering is invoiced shortly before or after your stay.







You can book our vegan Ayurvedic catering directly by email.
Please let us know in advance the number of people and
your preferred times for brunch and/or dinner.

