

# **Wellness Menu**

## **Appetizers**

Italian Vegetarian Stuffed Mushrooms

Portobello mushrooms, Parmesan cheese and herbs

Or

Zuchinni Basil Soup

With yoghurt, zuchinni and fresh basil

## **Entree**

Mushroom Risotto

Low carb mushroom risotto with cauliflower  
and fresh Parmesan cheese

Or

Spaghetti Carbonara

Gluten free Spaghetti Carbonara with turkey bacon,  
peas and Parmesan cheese

## **Dessert**

Coconut Panna Cotta with blueberry sauce