

# iRetreat & Quinta Fit Menu

## Grilled & BBQ Meat Specialties 🍗



### **Charcoal Grilled BBQ Chicken**

*Charcoal-grilled BBQ chicken, marinated and flame-kissed for a rich, smoky depth, is served with a colorful salad of garden vegetables. On the side, golden corn and crispy roasted potatoes, offering a playful contrast to the tender, juicy chicken. Bold, rustic, and vibrant—this dish captures the essence of open-fire cooking with a fresh, modern touch.*



### **Pork / Beef Stew with Potatoes & Vegetables**

*Slow-simmered beef/pork stew, rich and hearty, features tender cuts of beef/pork gently braised with rustic potatoes and garden vegetables. Infused with aromatic herbs and a deep, savory broth, each bite delivers warmth and comfort. This classic dish is a celebration of slow cooking—robust, nourishing, and deeply satisfying.*



### **Mediterranean Chicken Breast Salad**

*Juicy, pan-seared chicken breast, seasoned with Mediterranean spices, is served atop a vibrant salad of crisp greens, ripe tomatoes, cucumbers, and Kalamata olives. Finished with a drizzle of lemon-herb vinaigrette and a sprinkle of feta, this dish is light yet satisfying, bringing the sun-drenched flavors of the Mediterranean to every bite.*



### **Turkey & Avocado Wrap**

*Succulent slices of turkey breast are paired with creamy avocado, crisp lettuce, and juicy tomatoes, all wrapped in a soft tortilla. Drizzled with a zesty Portuguese-inspired herb dressing, this wrap offers a fresh and satisfying evening or lunchtime meal.*



### **Spiced Chicken Curry Delight**

*Tender chicken breast simmered in a rich, aromatic curry sauce with a blend of exotic spices, creamy coconut milk, and fresh herbs. Served with a side of fluffy basmati rice, this dish offers a comforting and flavorful experience with every bite.*



### **Butterflied Quail with Turmeric Quinoa & Olives**

*Tender, marinated quail, butterflied and grilled to perfection, is served over a bed of Turmeric Quinoa. The quail is delicately seasoned with herbs, adding a subtle smokiness, while the Olive Quinoa with Turmeric has a light kick of chili, garlic, and fresh basil.*



### **Char-Grilled Beef Steak with Carrots, Corn & Red Cabbage Coleslaw**

*Succulent, char-grilled steak, cooked to tender perfection, is paired with a vibrant medley of sweet roasted carrots and golden corn. The dish is finished with a crisp red cabbage coleslaw, lightly dressed to enhance its natural crunch and brightness. Smoky, savory, and balanced with a touch of sweetness, this plate offers both bold flavors and refreshing contrast.*



### **Beef Burger with Potato Wedges & Side Salad**

*A juicy, flame-grilled beef burger served in a toasted bun, layered with crisp lettuce, ripe tomato, and a hint of tangy relish. Accompanied by golden potato wedges—crispy on the outside and fluffy within—and a refreshing side salad of mixed greens, lightly tossed in a zesty vinaigrette. This hearty, satisfying plate balances rich, savory flavors with a fresh and vibrant finish.*

## **Seafood / Fish Delights** 🦀



### **Roasted Red Fish with Garden Fresh Salad & Potatoes**

*Delicately roasted red fish, with its mild, flaky texture, is served alongside a vibrant garden-fresh salad bursting with seasonal greens and herbs. Accompanying the dish are tender baby potatoes, lightly tossed with mint and a hint of citrus, offering a refreshing lift. This light yet flavorful plate balances earthiness, brightness, and the clean taste of the sea.*



### **Garden Harvest Vegetable & Prawn Orzo Pasta**

*Succulent prawns and tender orzo pasta sautéed with a vibrant mix of garden-fresh vegetables, including bell peppers, zucchini, and cherry tomatoes. Tossed in a light, flavorful sauce with a hint of garlic and herbs, this dish captures the essence of seasonal produce and coastal flavours.*





### **Tuna Salad with Lemon & Olive Oil**

*Flaky tuna tossed with crisp romaine lettuce, sun-dried tomatoes, black olives, red onions, and white beans, finished with a light lemon and olive oil dressing. A refreshing and hearty salad inspired by the coastal flavours of Portugal.*



### **Chargrilled Sea Bream Fillet with Minted Potatoes and Fresh Salad**

*Delicately chargrilled sea bream fillet, boasting a crisp, golden skin and tender, flaky flesh, is the star of this light yet satisfying dish. It's paired with buttery minted potatoes that bring a subtle, aromatic lift, and a fresh garden salad brimming with seasonal greens. Balanced, bright, and full of clean, coastal flavor, this plate is both nourishing and refreshingly elegant.*



### **Atlantic Seafood Paella**

*A coastal classic, our Portuguese Seafood Paella is a fragrant blend of fresh Atlantic seafood and seasoned rice. Mussels, clams, tender shrimp, and chunks of white fish are simmered in a saffron-infused broth, mingling with red peppers, green peas, and a hint of chorizo for a subtle, smoky flavor. Finished with fresh herbs, a squeeze of lemon, and a sprinkle of sea salt, this dish brings the essence of Portugal's seaside straight to your plate.*



### **Salmon Bites, with Rice, Courgette, and Broccoli**

*Tender salmon bites, lightly seared for a delicate crisp, are served with sautéed courgette slices, fluffy steamed rice, and vibrant broccoli florets. Finished with a scattering of toasted sesame seeds, this wholesome dish blends clean, subtle flavors, offering a light, nourishing experience with every bite.*

## **Vegetarian Delights** 🥕



### **Spaghetti Bolognese**

*A rich bolognese sauce made with soya, mushrooms, carrots, onions, and tomatoes, slow-simmered with fresh herbs and a touch of red wine, served over al dente spaghetti. Topped with parmesan and fresh parsley, this comforting dish offers all the flavors of the original, with a deliciously meat-free twist.*



### **Sweet Potato & Courgette Lasagna (Can also be Vegan)**

*Layers of roasted sweet potato and tender courgette are delicately baked with a rich tomato ragù and creamy béchamel, creating a vibrant, vegetarian/vegan twist on the classic lasagna. Finished with a golden, bubbling soya crust, this comforting dish offers a perfect balance of sweetness, earthiness, and savory depth.*

## **Vegan Favourites** 🌱



### **Filipino Rice Noodles (Pansit)**

*A vibrant stir-fry of delicate rice noodles, tossed with a colorful medley of crisp vegetables and subtly seasoned with traditional Filipino flavors. Light yet full of character, this beloved dish—known as Pansit—is infused with savory notes of garlic, soy, and citrus. Wholesome, aromatic, and deeply satisfying, it brings a taste of the Philippines to every forkful.*



### **Sweet Potato, Chickpea & Quinoa Bowl**

*A nourishing and vibrant bowl filled with roasted sweet potatoes, protein-packed chickpeas, and fluffy quinoa. The ingredients are seasoned with aromatic spices, offering a perfect balance of warmth and earthiness. Topped with fresh greens, a tangy dressing, and a sprinkle of seeds, this wholesome dish is both satisfying and full of flavor, making it a perfect choice for a light yet fulfilling meal.*



### **Greek Mediterranean Stuffed Peppers & Courgettes**

*Deliciously stuffed peppers and courgettes, filled with a savory blend of rice, soya, sun-dried tomatoes, and fresh herbs like oregano and parsley. The vegetables are roasted to tender perfection and drizzled with olive oil, offering a harmonious balance of rich, tangy flavors. Served with a side of paprika-spiked roasted potatoes, this dish brings the vibrant, sun-kissed tastes of the Mediterranean straight to your plate.*



### **Vegetable Curry with Coconut & Basmati Rice**

*A fragrant medley of seasonal vegetables is gently simmered in a creamy coconut curry, infused with warming spices and a hint of ginger. Served alongside fluffy basmati rice, this vibrant vegan dish offers a harmonious blend of richness, spice, and aromatic depth, comforting and full of soul.*



## Soups 🍲



### **Silky Mushroom, Chestnut & Artichoke Soup**

*A velvety blend of earthy mushrooms and tender artichoke hearts simmered to perfection in a creamy broth. Enhanced with subtle hints of garlic and fresh herbs, this comforting soup offers a rich, luxurious texture and a harmonious balance of flavours.*



### **Butternut, Carrot & Potato Soup, topped with Broccoli**

*Creamy and comforting, this soup features a smooth blend of roasted butternut squash and tender potatoes, seasoned with aromatic cumin and a touch of garlic. Finished with a swirl of cream and a hint of fresh herbs, it offers a warm, flavorful experience with each spoonful.*



### **Green Harmony Soup**

*A vibrant blend of fresh broccoli, tender cabbage, and sweet green peas, simmered together and pureed to a silky smooth consistency. Enriched with creamy coconut milk and a touch of fresh herbs, this nourishing soup offers a harmonious balance of flavours and a refreshing, green twist.*



### **Garden Vegetable Soup**

*A hearty, rustic soup brimming with garden-fresh vegetables. This Portuguese-inspired favorite combines tender potatoes, carrots, zucchini, tomatoes, and white beans, all simmered together in a rich vegetable broth with a hint of garlic, and fresh herbs. Finished with a touch of lemon, olive oil, and a sprinkle of fresh parsley, this warming soup captures the comforting, home-cooked flavors of Portugal's countryside.*

## Snacks & Treats 🍌



### **Berry-Banana Power Smoothie**

*A deliciously creamy and nutrient-packed smoothie blending ripe bananas with a medley of mixed berries, including strawberries, blueberries, and raspberries. Boosted with plant-based protein & coconut water, this refreshing drink is both energising and satisfying, perfect for a post-workout treat or a nutritious snack.*



### **Tropical Sunrise Smoothie**

*A vibrant blend of juicy mango, zesty orange, tangy pineapple, and sweet strawberries, with a hint of earthy turmeric for an added health kick. This refreshing smoothie offers a burst of tropical flavours and a bright, invigorating start to your day.*



### **Harvest Fusion Super Smoothie**

*A vibrant blend of locally harvested figs, juicy oranges, tangy kiwis, and sweet strawberries, enhanced with a touch of turmeric and soothing ashwagandha. This nutrient-packed smoothie offers a delightful mix of flavors and a wealth of health benefits, providing a refreshing and invigorating boost to your day.*



### **Almond-Date Energy Bites**

*Wholesome and naturally sweet, these energy bites combine nutrient-rich dates with crunchy almonds and a touch of vanilla. Rolled into perfect bite-sized balls, they're packed with fibre, protein, and essential nutrients, making them a deliciously convenient snack for a quick boost of energy.*



### **Fresh Fruit Salad with Citrus Mint Drizzle**

*A vibrant medley of fresh, seasonal fruits, including sweet oranges, juicy pineapple, ripe melon, and a hint of tangy berries, tossed with a refreshing citrus and mint drizzle. Lightly garnished with a sprinkle of pomegranate seeds and a hint of fresh mint, this fruit salad is the perfect blend of sweet and tangy flavors, capturing the bright, sunny essence of Portugal.*



### **Revitalizing Fresh Pressed Juice**

*A refreshing blend of pineapple, green grapes, lime, mint, ginger, turmeric, and pomegranate, freshly pressed to energize and rejuvenate. Packed with antioxidants and a zing of natural sweetness, this detox juice is crafted to boost vitality and leave you feeling refreshed and revitalized.*



### **Vegan Walnut Cranberry Chocolate Brownie**

*A rich, fudgy chocolate brownie made with wholesome ingredients, studded with crunchy walnuts and tart cranberries for a delightful balance of flavors. This vegan treat is crafted with dark cocoa and finished with a touch of sea salt, offering a satisfying, guilt-free indulgence.*