



LA MAMA GAIA
Private Chef

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*Let me treat you with nourishing,
healthy, colourful and tasty dishes
during your retreat or event*



While you can fully focus on your event, I will take care of the nourishing moments during the day.

As a plant-forward retreat chef I love to inspire you with healthy dishes with a focus on plant-based, fresh and organic ingredients.

With my dishes I hope to encourage you to get more plants on your plates in your daily life. Because Mama Gaia (mother earth) gives us so many beautiful, colourful and tasty ingredients to experience, and I love to show you how to turn them into tasty dishes.



*Colourful Bowls | Healthy Breakfasts | Tasty Soups
Sweet Treats | Fresh Juices*

In consultation with your activities, program, preferred diet and budget, I will create a menu that will fit your desires.

It will be a food fest of colours and flavours everyday!

Let's create magic together





MENU

(sample)

WELCOME

*Tropical Bar
with pineapple, coco & cashew*

DINNER

*Poke Bowl
with fresh veggies, smoked tofu & sriracha mayo*

BREAKFAST

*Blueberry Lavender Chia
with coco yoghurt & rawnola*

LUNCH

*Red lentil soup with sweet potato and harissa
served with bread & hummus*

DINNER

*Mexican Taco's
served with tomato salsa & avocado fries*

SWEET TREAT

Plant-based Choco Mouse

BRUNCH

*Pita with roasted beet, sweet potato, feta & parsley
Yoghurt with home-made granola & fruit
Fresh juice*

SWEET TREAT

Sticky Peanut Bars

DINNER

*Arabian Bowl
with couscous, roasted veggies, feta & almond crumble*

