

AKASHA

RETREATS • LONGEVITY • WELLNESS • NUTRITION

eat &
drink

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a note on food

We are an informal communal, casual dining atmosphere that promotes fresh cooking, creative combinations and seasonal, premium quality ingredients.

Over the last 8 years Akasha has served our style of buffet meals to over 35 000 people from all over the world, acknowledged by publications like The Guardian, Lonely Planet & World's 50 Best Taste Hunters as colourful and creative plant rich casual dining food.

Since 2020 we have introduced meat dishes in our daily menus to promote a conscious intuitive eating format suitable for all major dietary preferences. Every meal has a choice of dishes that include options for VEGAN, VEGETARIAN and MEAT LOVERS using healthy cooking techniques like slow cooked, grilled & steamed.

Our food is driven by what's in season & what we like to eat, inspired by our global travels and the incredible produce we source in our area. We'd like to think our food is thoughtful, approachable, soul satisfying and fun.

If you need a reference to our cuisine it is similar to a **paleo diet**, foods that our hunter-gatherer ancestors would have eaten, emphasizing whole, unprocessed foods while avoiding modern processed foods.

We serve this food in a buffet style setting, so the meal feels more like a dinner party and less like a restaurant. Every buffet is a different display, you will rarely eat the same food twice at Akasha. Menus change monthly, each buffet is centred around a theme and highlights locally sourced ingredients reflective of the current season.

Over a meal at Akasha, relationships are built, we explore food curiosities, real food is made and served with care, and the gap between diner, chef, and farmer is narrowed.

Thank you for choosing to dine with us,

Irina & Daniela

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WHAT GUIDES OUR FOOD



WE CATER FOR GLUTEN FREE WITH HOMEMADE BREADS, DESSERTS & BREAKFAST DISHES.



WE CATER FOR SUGAR FREE IN OUR HOMEMADE DESSERTS . WE ALSO USE STEVIA OR HONEY.



WE USE FREE RANGE, PASTURED EGGS & GRASS FED MEATS.



MOSTLY ORGANIC & LOCAL. CERTIFIED ORGANIC FROM INTERNATIONAL SUPPLIERS



WE USE SEASONAL WILD FOODS, HAND FORAGED



HARVEST FROM OUR OWN PERMACULTURE GARDEN



OUR MENUS ARE SEASONAL CHANGING WITH AVAILABLE PRODUCE



HOME FERMENTS & PRESERVES USING GENERATIONAL RECIPES



MEALS SERVED AS A VARIED BUFFET WITH AMPLE CHOICE.



15HR INTERMITTENT FASTING WINDOW 8PM - 9.30AM.

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DRINKS

Included with our meals: Herbal tea infusions, Medicinal Tea, Organic coffee, Filtered spring water.

Available from the Lounge & Terrace Menu

PREMIUM ROMANIAN WINES, SMALL BATCH PRODUCERS,
BIODYNAMIC & ORGANIC SELECTION

UNPASTEURISED LOCAL BREWS

SIGNATURE BOTANICAL COCKTAILS

ZERO ALCOHOL BOTANICALS

LEMONADES

SEASONAL SLOW PRESSED JUICES

SMOOTHIES

ADAPTOGENIC & BULLETPROOF COFFEES

TURMERIC & MATCHA LATTES

HOME FERMENETED KOMBUCHA, KEFFIR, FLOWER CORDIALS

NUT MILKS, DAIRY MILK

CEREMONIAL CACAO

We do not sell commercial bottled water and do not allow consumption of outside food & drinks on our premises.

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HOW TO DINE

Akasha welcomes only pre-booked diners so we can deliver our best freshly cooked food and maintain a ZERO waste policy.

Regular Meals & Drinks

9.30AM Breakfast €20 (included in room rate)

2PM Lunch €30

7.30PM Dinner €35

Bar Menu 12PM - 10PM

Supper Club Experiences

Hosted & themed mini events with drink pairings. Set dates from April - October

Personalised Diets Plans

Created with Functional Medicine Doctors. from €160 per person per day in addition to your room rate.

KETO

Low FODMAP

DETOX CLEANSE

FASTING MIMICKING DIET.

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SUPPER CLUB EXPERIENCES

The Rainbow Feast

(VEGAN & VEGETARIAN)

7 course buffet, selection of drinks & desserts. €40 per adult / €25 per child

Monday Dinners.

See calendar for dates.

Botanical

Afternoon Tea

(VEGAN & VEGETARIAN)

5 course afternoon tea, Prosecco & selection of tea tastings.

€30 per adult / €20 per child

Wednesdays 4-6pm

See calendar for dates.

The Romanian Feast

(VEGAN | VEGETARIAN | OMNIVORE)

7 course buffet, wine pairings, childhood favourite desserts & old Romanian music.

€40 per adult / €25 per child

Thursday Dinners.

See calendar for dates.

A Foraged Feast

Taste of the Wild

(VEGAN | VEGETARIAN | OMNIVORE)

7 course buffet, selection of drinks & desserts. €40 per adult / €25 per child

Friday Dinners.

See calendar for dates.

The Sacred Garden

Saturday Picnic Brunch

(VEGAN | VEGETARIAN | OMNIVORE)

8 course buffet, drinks selection and desserts. €40 per adult / €25 per child

Saturday Dinners.

See calendar for dates.

The Slow Food

Sunday Brunch

(VEGAN | VEGETARIAN | OMNIVORE)

8 course buffet, drinks selection and desserts. €40 per adult / €25 per child

Sunday Dinners.

See calendar for dates.

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BREAKFAST MENU

Sample menu subject to seasonal variations.

€20 per adult / €15 per child (included in room rate)

Breakfast is served as a buffet and includes dishes like:

Slow Pressed Juice - Beetroot, Carrot, Ginger or any combination of seasonal vegetables and fruits.

A Nutritious Dish: Chia Pudding / Porridge / Overnight Oats / Granola & Toppings of your choice

Seasonal Fruit Salad

A Sweet Dish: Vegan Carrot / Banana Cake or Breakfast Cake / Pancakes

Homemade Jams: Seasonal, homemade fruit jams / Peanut Butter

Vegan Protein: Hummus & Seasonal Veg, / Chickpea Muffins / Vegan Protein Smoothie

Animal Protein: Free Range Eggs To order (Poached / Boiled / Scrambled) or Egg Shakshouka, , Cold Local Cuts

Seasonal Savoury Salad

Local Dairy: Butter, Milk, Keffir, Yogurt, Cheeses

Nut Milk: Almond Milk / Oat Milk

Bread: Local bread / Gluten free bread

DRINKS

Included with our meals: Herbal tea infusions, Medicinal Tea, Organic coffee, Filtered spring water.

Includes 9% VAT & Service Charges.

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LUNCH MENU

5 Day Sample menu subject to seasonal variations.

€30 per adult / €20 per child

Lunch is served as a 6 course themed buffet, 1 dish with meat & rest vegan & vegetarian including lemonade, tea, coffee, spring water.

Vegan Options:

Seasonal Soup with croutons or gluten free bread
Turmeric cauliflower, shallot puree & roasted seasonal vegetables
Roast Eggplant with tahini & Pomegranate
Apple Fennel & Kohlrabi Salad
Beetroot Noodles, Orange & Walnut
House-grown greens with spring vegetables and tangy Meyer lemon vinaigrette

Vegetarian / Pescatarian Options:

Seasonal Soup with croutons or gluten free bread
Green salad, sweet potato, pickled red onions, goat cheese, toasted seeds.
Seasonal grilled veggies & herby couscous
Seasonal Veg, Feta & Thyme Tart
Seasonal Green Frittata with Goat Cheese & Potatoes
Creamy Smoked Trout Pate, Lemon & Dill, Sourdough Toast

Animal Protein Option:

Marinated Turkey, Local Trout or Chicken
Turkey Snitzel in Panko & Seeds
Grilled Chicken & Greens Salad in mustard dressing
Smoked Trout, greens, parmesan & boiled egg salad.
Creamy Smoked Trout Pate, Lemon & Dill, Sourdough Toast

DRINKS

Included with our meals: Herbal tea infusions, Medicinal Tea, Organic coffee, Filtered spring water.

Includes 9% VAT & Service Charges.

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DINNER MENU

4 Day Sample menu subject to seasonal variations.

€30 per adult / €20 per child

Dinner is served as a 7 course themed buffet, 1 dish with meat & rest vegan & vegetarian including wine & dessert.

Vegan Options:

White bean, walnut and watercress salad with a truffle cream vegan mayonnaise
Charred aubergine, hemp seed chutney
Celeriac Steak Turmeric Sauce
Seasonal grilled veggies, served on a bed of couscous with pumpkin seeds, almonds & garlic herb aioli

Dessert: Seasonal Fruit Cashew Raw-Cheesecake (Sugar Free, Gluten Free)

Vegetarian / Pescatarian Options:

Whipped Feta with Beets, Dill & Pistachios
Seasonal grilled veggies, served on a bed of couscous with pumpkin seeds, almonds & garlic herb aioli
Harissa Spiced Cauliflower Steak
Creamy Cannellini Beans with Rosemary Pesto
Smoky Chickpeas & Greens

Dessert: Warm Lemon & Poppy Seed Madeleine

Animal Protein Option:

Baked Trout, Fresh Garden Herbs, Caper Butter
Roast Free Range Chicken, Rosemary Potatoes
Slow Cooked Beef Stew, Mashed Potatoes
Slow Cooked Lamb, sauteed spinach & greens.
Duck Confit, Potato Gratin

Dessert: Homemade Ice cream of the day

DRINKS

Included with our meals: Paired Glass of Premium Romanian wine per person depending on the meal we may serve Rose / White or Red, Herbal tea infusions, Medicinal Tea, Organic coffee, Filtered spring water.

Includes 9% VAT & Service Charges.

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DESSERTS

Available from May - October

Life without a little sweetness would be incredibly dull so it doesn't have to be. Our desserts are healthy, freshly made, low on sugar or no sugar, low on fat, made with love & care in our kitchen using free range produce & seasonal fruit.

We include desserts during dinners but if you'd like a little treat during the day, our dessert list is available from 12PM

VEGAN

€8 / 40 RON

Seasonal Fruit Cashew Raw-Cheesecake (Sugar Free, Gluten Free)
Homemade Seasonal Sorbet (Sugar Free, Gluten Free)
Maca & Cacao Hibiscus Tart (Sugar Free, Gluten Free)
Dark Chocolate Earl Grey Truffles (Sugar Free, Gluten Free)

VEGETARIAN

€8/ 40 RON

Warm Lemon & Poppy Seed Madeleine
Honey chamomile panna cotta
Our grandma's Yogurt & Raisin Filo Pastry
Ice cream of the day (Sugar Free, Gluten Free)
Tart of the day