



Apricus KITCHEN

food infused with sunlight

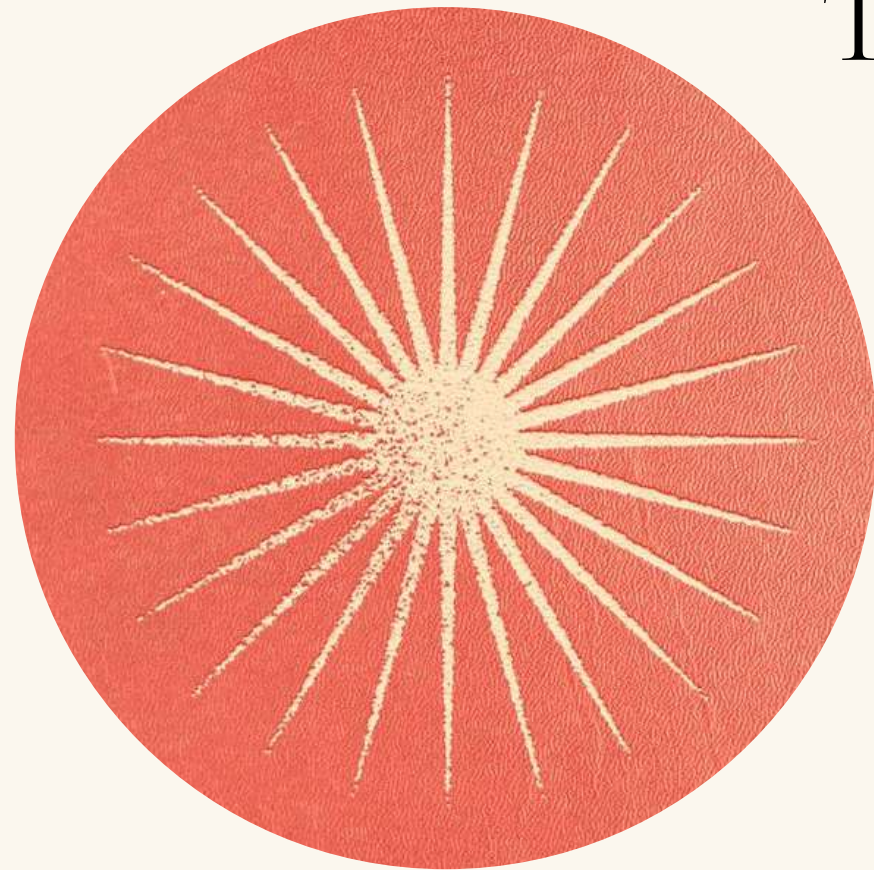


RETREAT KITCHEN



All photos in this PDF were taken in the
the last two years during retreats inside
and outside of Germany.
Photo credits: Vivienne Wiedemer





TEAM & MISSION

Apricus is a team of passionate chefs. We are enthusiasts for healthy, colorful, fresh and creative food. We love to spoil people with a lot of heart and attention to detail.

Our mission is to create an additional highlight for your event with our dishes. If we succeed in getting people excited about healthy food in the long term, this counts is one of our personal highlights every time.

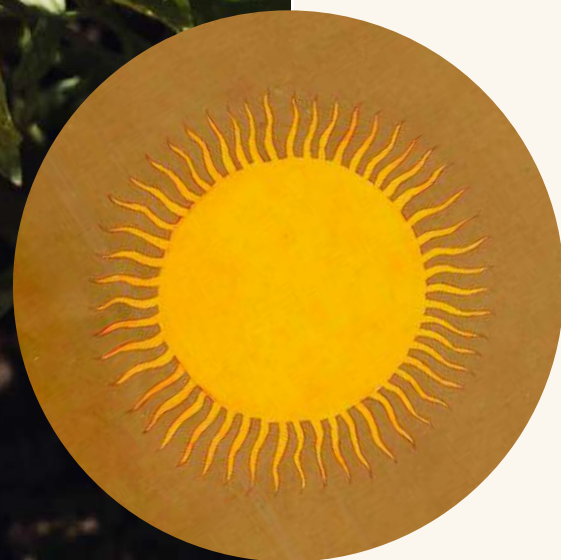
We are trained and certified nutritionists with different specializations who have been training in nutrition for many years. This knowledge flows into every one of our menus.





The food you eat can be either the safest
and most powerful form of medicine
or the slowest form of poison.

Ann Wigmore



lat. APRICUS
a·pri·cus

*warmed by the sun
exposed to the sun*

PRINCIPLES

HEALTHY AND WHOLESOME

We believe in the power of healthy nutrition. At the center of our kitchen being fresh vegetables, seasonal fruits, nutrient rich wholemeal products, seeds and nuts, protein rich pulses, aromatic (wild) herbs and vitalizing sprouts.

ORGANIC QUALITY - SEASONAL - REGIONAL

We source most of our food from organic cultivation, as regional and seasonal as possible. Quality that you can taste and that is sustainable.

HOMEMADE - SUSTAINABLE

Wherever possible, we produce our own food in order to avoid additives and reduce unnecessary packaging material.

WHAT DOES A GOOD SEMINAR KITCHEN NEED ?

Definitely more than just ingredients and cooking utensils ...

PASSION & LOVE

„The only way to do great work is to love what you do“ A quote from Steve Jobs.
Here we are in complete agreement.

CREATIVITY & QUALITY

You can do without, but then it's boring.

RELIABILITY & FLEXIBILITY

Rule number one. Always.

To be able to respond calmly to special circumstances, intolerances and individual requests.



OUR OFFERS



VEGETARIAN & VEGAN MENUS

If you are looking for healthy catering for your seminar or retreat, you have come to the right place! We will plan a customised menu for you and your participants.

Of course, we take full responsibility for all tasks relating to the kitchen and the food. It is particularly important to us that you can fully concentrate on your event.



SPECIAL DIETS

Vegan, gluten-free or sugar-free diet - We present customised menus and are open to your individual preferences.



COOKING CLASSES

We offer cooking courses on various topics in which we cook together and share our knowledge about nutrition. On page twelve you can find out more.



PHOTOGRAPHY

During our seminars and retreats numerous photographs are taken, which can be purchased or complemented by additional shootings.

MENU OPTIONS

1. „ SEMINAR KITCHEN “

Our versatile seminar kitchen offers something for every taste! Enjoy the selection at the buffet or served.

BREAKFAST:	Breakfast buffet
LUNCH:	Lunch with soup and salad
EVENING:	Main course with starter and dessert

2. „ YOGA FOOD “

Our carefully prepared menu will turn your yoga retreat into a pleasurable and holistic experience.

MORNING:	Tea and fruit
BREAKFAST:	Rich sweet and savory brunch buffet
LUNCH:	Light snacks and finger food to satisfy hunger in between
EVENING:	Our served 3-course menu for a relaxed end to the day

3. „ CHEFS KITCHEN “

Would you like to offer your guests something very special? The chefs kitchen menu option is our all-round pampering package. You can find more information on page 12.





Menu Example

1. SEMINAR KITCHEN

Breakfast buffet

Warm breakfast porridge with topping - Muesli corner with yoghurt
Seasonal fruit and vegetable platter - Cheese platter with antipasti
Bread with sweet and savory homemade spreads

Lunch


Radish salad with marinated peanuts and roasted sesame seeds dressing

Vegetable lasagne with basil almond pesto and grilled courgette

Layered dessert of Greek yoghurt, baked apricot and spelt nut crumble
topped with fresh thyme

Dinner

Ayurvedic beetroot soup with sweet and savory hazelnut topping,
served with wholemeal bread and Waldorf-apple salad with almond
dressing and green salad selection



Brunch

Warm breakfast porridge topped with fruit compote or nut crumble
- Seasonal fruit platters - Homemade pastries with various spreads
and antipasti served with a raw colorful vegetable and cheese platter.

Depending on the season: salad, smoothie or soup

Coffee - Tea - Hot drinks

Option : Served breakfast

Millet porridge with blueberry sauce, baked cinnamon-banana
and hazelnut crumble served with seasonal fruit platters

At lunchtime

Homemade Snacks such as pastries, smoothies, energy balls
Fruit basket and nuts at your disposal

Dinner

Beetroot and pear carpaccio with caramelised
walnuts and horseradish sauce

Smoky courgette rolls on tomato sugo served with
capers and sage-cashew parmesan

Raw & spicy chocolate brownies with berry and coconut sauce

Menu Example

2. YOGA FOOD



3. CHEFS KITCHEN

Menu Example

Do you want to offer your guests something really special?
With the budget of the Chefs Kitchen menu, we can give full expression to our creativity and spoil your guests to the fullest.
Here we also present the courses, talk about the conception of the dishes and the health benefits of the foods and superfoods used.
The price includes the option of a cooking class. Give your participants an even deeper insight into our cuisine and let them actively participate in the culinary creation process.



Start into the day

Freshly squeezed organic fruit and vegetable juice of the season

Breakfast

According to individual wishes

Lunch

Colorful wildflower salad bowl with pecans and grilled goat's cheese,
along with sourdough artichoke cashew sandwiches

Snacks

Wildherb protein smoothie,
nettle seed energy balls & iced chai latte

Dinner

Served with homemade cucumber basil lemonade

Aubergine rolls filled with walnut cream on a bed of rocket
Pumpkin risotto with taleggio and rosemary
Tahini date cake with cheesecake topping and caramelized banana

End of the day

Good night tea with hops and rose petals



COOKING CLASSES

Extra Option

The time during the cooking classes gives us the opportunity to give your group a deeper insight into our kitchen.



„A three-course apricot menu“

„Raw food and wild herb cuisine“

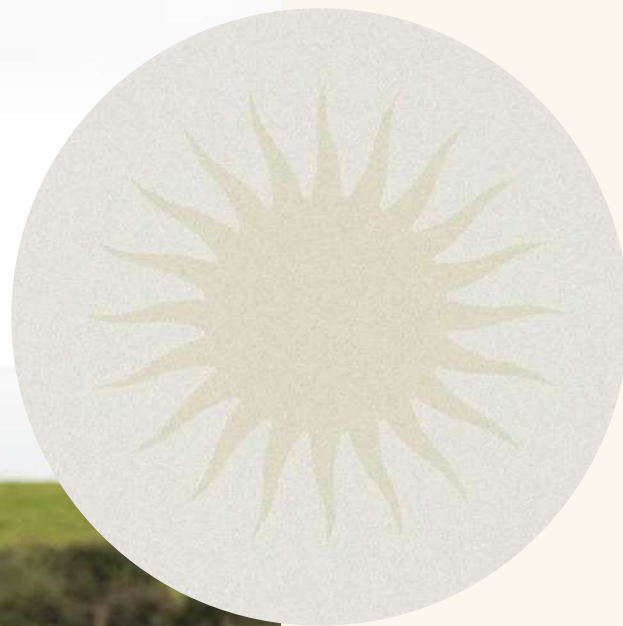
„Gluten-free made easy“

„Hands on Buddha Bowls“



In addition to recipes and practical cooking hacks, we are also keen to leave some inspiration for a more conscious diet in everyday life.

If you are interested in incorporating one of our cooking classes into your seminar/retreat please let us know in your enquiry.



CONDITIONS

PRICES

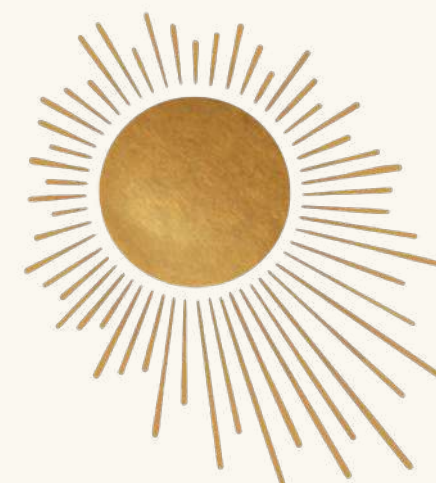
Based on the duration of the event, the location and the size of the group, we will prepare a customized offer. The daily flat rate applies for each person who is catered for. Prices do not include traveling expenses.

ACCOMMODATION

A room must be provided for the kitchen team for the duration of the seminar.

PAYMENT

Three weeks before the start of the seminar, one third of the invoice amount has to be paid, the remaining amount within seven working days after the end of the event.



CONTACT

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We hope that after browsing through this pdf,
we stimulated your appetite for a co-operation!

We look forward hearing from you.

Sunny greetings,

Team Apricus