



# AYURVEDIC RETREAT KITCHEN

Sacred Soul Food  
by Alena Ringelmann







# About

I am an Ayurvedic chef and certified Ayurvedic health advisor. I have worked in many different retreat kitchens across Europe and gained experience as a head chef, kitchen leader as well as working solo.

It is my mission to create food that nourishes all senses, that supports wellbeing of body, mind and spirit as much as it promotes sustainability for the earth. Throughout your retreat I will provide a variety of abundant meals that are not only nourishing and healthy but also fun, creative and pleasurable.

I have been studying Ayurveda and Ayurvedic nutrition for several years and ensure the right food combinations for optimal health.

I get inspired by nature and wish to raise awareness around seasonal and sustainable eating.





The majority of the ingredients I use are locally sourced and organic. I try to support small farmers whenever I can and won't compromise on quality.

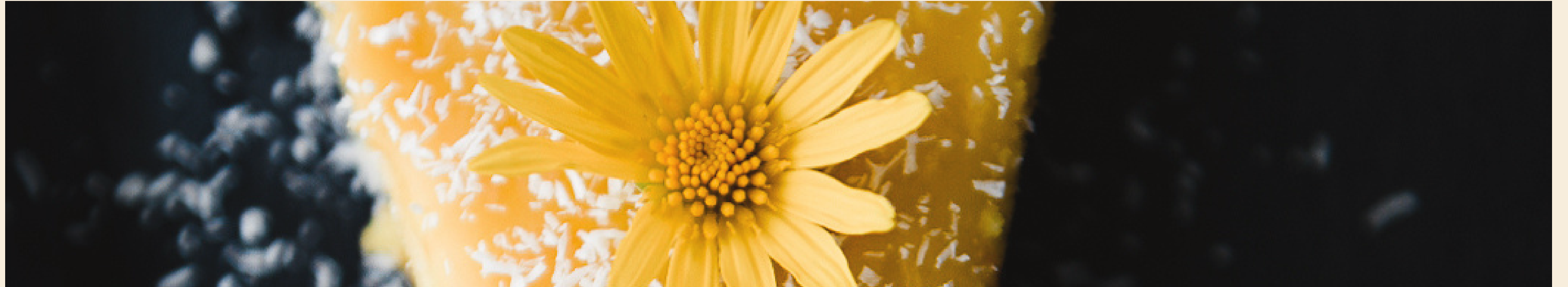
I adapt my menus to what is in season and available in the region I live/work and ideally know exactly where the produce comes from.

I follow basic Ayurvedic principles without being overly dogmatic. Meals are adapted to the season and time of day, dishes are suitable for everyone. My food is influenced by different cuisines that I got in touch with during my work experience in various countries and kitchens.

My dishes are primarily plantbased and can be sattvic as well as gluten-free upon request.

Seasonal, creative & wholesome





# Why work with me?



## **Holistic approach**

As I follow the principle of cause and effect, I consider the bigger picture.

I apply my broad knowledge about Ayurveda and nutrition not only during the preparation of the food but already during the meal planning and choice of produce.



## **Knowledge**

I am able to work around for all kinds of intolerances without losing a sense of creativity.

I know how to cater for sensitive stomachs, IBS, colitis, Crohn's disease, etc.



## **Reliability & flexibility**

I ensure a smooth flow and reliability from start to finish.

I am happy to consider special requests and work around your retreat schedule, individual needs and circumstances.





# Offers

## **Full retreat menu**

3 meals according to Ayurvedic principles:

Breakfast buffet

Abundant lunch with dessert

Light dinner (e.g. soup/stew with bread)

## **Brunch & dinner**

This option allows more flexibility, e.g. day trips or longer breaks

Brunch buffet (sweet and savory)

Abundant dinner with dessert

## **Cooking class & Ayurveda workshop**

Cooking classes as well as workshops on various topics can be booked upon request, depending on my capacity during the catering as well as on the group size and the kitchen layout.



## Sample menu Full retreat menu

*season: spring*

### **Breakfast**

Millet porridge with poached cardamom pears  
variety of toppings

Wholegrain bread with a selection of  
homemade spreads, jam, local honey,  
vegetables and sprouts

### **Lunch**

Roasted fennel in lemony cashew & miso  
sauce

Lentil, mushroom and walnut roast

Caramelized beetroot

Sautéed seasonal greens

Seasonal salad with dried fruits

Dessert: Carrot cake /w cashew frosting

### **Dinner**

Colorful minestrone /w seasonal vegetables &  
legumes

Foccaccia /w thyme & olives

Rucola, parsley & hazelnut pesto

Non-alcoholic drinks served with all meals.

## Sample menu Brunch & dinner

*season: summer*

### **Brunch**

Baked oatmeal – roasted nuts – stewed fruit  
Granola, fresh seasonal fruit

Variety of bread  
homemade spreads, jam, local honey, butter  
fresh cheese (optional)  
vegetables and sprouts  
olives & sundried tomatoes  
scrambles eggs (vegan option possible)

### **Dinner**

Greek salad

Beetroot carpaccio

Oriental roasted vegetables /w peaches

Quinoa tabbouleh

Raita

Roasted chickpeas

Green tahini sauce

Dessert: Juicy coconut lemon cake

Non-alcoholic drinks served with all meals.



# Terms & Conditions



## Pricing

Offers will be made individual based upon:

- duration of the retreat/event
- location, venue, equipment
- group size
- special request / dietary requirements

## Payment

A non-refundable deposit of 10% is due in order to secure my services.

25% of the total price is due three weeks before the start of the retreat or event; the remaining balance must be paid within seven working days after the retreat finishes.



# Get in touch

I am available for retreat  
caterings in Portugal and  
Germany – other locations  
upon request.

I am looking forward to hearing  
from you!



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