

The Lady Ottoline



THURSDAY 23RD FEBRUARY

6.30PM

The Lady Ottoline is thrilled to invite you to an evening with Wholesome World App creator Freyja Hanstein, a menu created from the Wholesome World Cookbook.

Join us for canapes, a three course dinner with drinks and a short talk from Freyja as she shares her path to health and her new Wholesome World Cookbook, through Nutrition, Physical and Mental Health and indulge in the dinner.

Tickets are £55pp

Strong donations going to the The Brain Tumour Charity
& Macmillan Cancer Support

THE MENU

Welcome Canapes
Trout Gavalax Spread
Baba Ganouche
Beetroot Dip
Tumeric hummus
Spinach & dill dip
Seeded crispbread
All served on bilinis

Main

Ocean Bouillabaisse with seeded spelt pear bread
Vegetarian Chowder

Sides

Feta & Beetroot salad
Sumac salad
Rice almond salad

Dessert

Maple pears

Mignardise/Petit Four

Dark chocolate sesame almond balls

Drinks

Fresh Zing Juice