

Menu Ayahuasca Weekend

Friday

Friday - Arriving La Mezquita



On Arrival

Mezquita Masala Tea: Let our soothing blend of aromatic spices and herbs envelop you, a gentle embrace for your journey ahead.

After the Ceremony

White Vegetables Soup with Sliced Bread: A nourishing and comforting blend of parsnips, radish, leek, and coconut milk, served with hearty bread to ground your spirit, and salad to hydrate your body.

Saturday - Embrace the Day

Breakfast

Homemade Porridge with Stewed Fruits and Honey: Delight in the velvety porridge topped with luscious stewed fruits and a drizzle of honey, accompanied by a vibrant array of fresh fruits and nuts.

Served with: Milk, juice, a revitalising fruit smoothie, a refreshing salad, bread.

Lunch

Pumpkin and White Bean Soup: Find solace in the comforting blend of pumpkin, potato, apple, and leek, and white beans, served with nourishing bread to replenish your body and spirit.

Chia Pudding Delight: Indulge in the creamy chia pudding topped with soft vegan yogurt, minced dry fruits, and nuts,

After the Ceremony

Vegetable Soup with Sliced Bread: Nourishing vegetable soup and wholesome sliced bread.

Sunday - Embrace Renewal

Breakfast

Homemade Porridge with Stewed Fruits and Honey: Delight in the velvety porridge topped with luscious stewed fruits and a drizzle of honey, accompanied by a vibrant array of fresh fruits and nuts.

Served with: Milk, juice, a revitalising fruit smoothie, a refreshing salad, bread, and eggs