



THE KELLING ESTATE

MAYU Retreats, Nutrition & Catering.

We highly recommend MAYU, offering many fresh, seasonal, and creative options for you when you are staying with us on the Estate.

This wonderful team: a Registered Nutritionist & Private Chef, love to create beautiful dishes utilising lots of local ingredients from some of Norfolk's finest suppliers. Whether you would like help with a garden party, a relaxed Norfolk supper, BBQ or even a Sunday Roast they are here to help.

Something we believe is a very different and beautiful addition to their offering is their expertise in vegetarian and plant based nutritional catering.

In addition to dinner parties and events, they offer a delivery menu which can be a prepared meal (starters, mains, sides and desserts) for 6/12/18 people, or a 'Nutritional Menu', which changes weekly but always includes a range of cold pressed juices, shots, protein shakes, soups, muffins, salads, main courses, kimchi puree, healthy desserts and even organic teas.

What a fabulous addition to any holiday in North Norfolk, and a lovely way to make your self-catering holiday even more relaxing.

For more details see their website details below or call Kieron and Pamela on [07929 061 351](tel:07929061351) or email pamela@mayuretreats.co.uk

www.mayuretreats.co.uk