



SHERWOOD  
exclusive kerner

# vegan menu





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For our guests, we have prepared a vegan menu for those following a plant-based diet and for the ones considering a transition. Upon your request, we will serve your menu at the time and place you desire while enjoying an amazing Mediterranean summer holiday.

There are so many unique reasons to choose a plant-based diet. A big lifestyle decision is needed for a transition to veganism. You may sustain your change if you wholeheartedly believe in your decision.

Every year more people have increasingly decided to become vegan for environmental, ethical and/or health reasons.

A vegan diet, when done right, may have various health benefits for:

- Type 2 diabetes
- Cardiovascular disease
- Ischemic heart disease
- Hypertension
- Stroke
- Obesity
- Some cancers including prostate and colon cancer



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## **BREAKFAST**

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**Chickpea Flour Pancake With Cashew Cream And Grapes**

**Chickpea Flour Omelette With Mushrooms And Peppers**

**Tofu Cheese With Basil Oil On Wheat Flour Bread**

**Rolled Oats With Banana**

**Lemon Vegan Pancake With Maple Syrup**

**Rolled Oats With Coconut Milk**

**Fried Rolled Oats And Blueberries With Maple Syrup**

**Whole Wheat Flour And Blueberries With Maple Syrup**

**Whole Wheat Blueberry Donut**

**Banana Pancake With Tahini Sauce**

**Buckwheat Flour Waffle**

**Chickpea Flour Pancakes Layered With Strawberry Slices**

**Rolled Oats With Pomegranate, Quinoa  
Cinnamon And Blackberries**

**Three Pepper And Fresh Corriander Tofu Omelette  
With Whole Grain Bread And Avocado**

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## **SNACK**

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**Avocado, Chickpea And Eggplant Sandwich**

**Hummus, Tomato, And Lentil Pide Wrap**

**Fried Cauliflower With Basil, Avocado And Buckwheat Bread**

**Pumpkin Gnocchi With Almond Milk Cream**

**Red Bean Mash With Avocado Toast Bread**

**Vegetable Canape With Pesto Sauce On Buckwheat Bread**

**Tomato And Tofu Cheese Caprese**

**Tomato Pumpkin Roast With Avocado Puree**

**Leek, Carrot And Onion Braised With Olive Oil**

**Chickpea Puree And Asparagus Toast**

**Vegetable Roll With Whole Grain Bread**

**Broccoli And Carrot On Whole Wheat Bread**

**Pumpkin And Currants With Avocado Puree  
Broad Beans With Cherry Tomato Salsa Sauce**

**Vegetables And Peas On Buckwheat Bread**

**Fried Vegetables With Basil Sauce**

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## **SNACK**

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**Tofu Cheese On Avocado Puree**

**Lentil Patty**

**Bulgar And Beet Salad**

**Avocado Slices On Chickpea Tahini Puree**

**Green Gazpacho, Cherry Tomatoes And Mixed Greens**

**Almond Milk, Tumeric And Whole Grain Flour  
French Toast With Strawberry Slices**

**Zucchini Moussaka With Carrot Mash And Pepper Sauce**

**Carrot And Beet Layers**

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## **SOUP**

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**Strawberry Mint Soup With Lime, Lemon And Strawberries**

**Carrot Soup**

**Pumpkin Soup With Almond Milk**

**Artichoke Soup**

**Tropical Fruit Soup**

**Fruit Puree Soup**

**Melon Soup With Coconut Milk**

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## MAIN

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**Spinach And Cheese Balls**

**Baked Potatoes With Curry And Sesame**

**Stuffed Chard Leaves With Rice And Pumpkin Puree**

**Tofu Cheese With Vegetables**

**Artichoke Heart With Coriander And Parsley**

**Baked Potato With Peas, Corn And Pickles**

**Stuffed Eggplant With Green Lentils**

**Vegetable Patty**

**Stuffed Mushrooms With Tomato And Coriander**

**Green Lentils With Light Soya Sauce,  
Garlic And Spring Onions**

**Chickpea Frittata And Avocado Cream  
With Mixed Greens**

**Tofu Marinated In Wheat Flour And Turmeric  
With Salsa Sauce In An Avocado Sushi Roll**

**Stuffed Eggplant With Mexican Beans  
Artichoke Bake**

**Colourful Vegetables With Garlic**

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## MAIN

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**Cabbage With Pumpkin**

**Fine Bulgur, Mexican Red Beans And Corn  
On Eggplant Slices**

**Chickpea Balls With Carrot, Almond And Basil**

**Red Pepper, Avocado, Almond And Basil Wrap**

**Roll Filled With Almond Milk Ricotta**

**Chard Leaves Filled With Quinoa And Vegetables  
With Almond Pepper Sauce**

**Beet And Pea Tapenade With Almond  
Milk Cauliflower Puree**

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## SALAD

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**Green Lentil Mediterranean Mixed Green Salad**

**Strawberry, Blackberry, Grape, And  
Golden Strawberry Salad**

**Spinach Salad With Tahini And Lemon**

**Green Lentil Salad**

**Broccoli Salad With Sesame**

**Radish, Avocado, Walnut And Vegetable Sprout Salad**

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## **BREAD**

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**Wheat Flour And Lentil Bread**

**Apple And Grape Muffin**

**Carrot, Beet, Vegetable Sprout, Baby Corn  
Whole Wheat Bread Roll**

**Whole Grain Bread**

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## **DESSERT**

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**Lime, Lemon And Strawberry Flavoured Pudding**

**Peach - Melon And Kiwi - Banana**

**Banana With Chocolate**

**Gluten-free Flax Seed Cake**

**Buckwheat Slices With Chocolate Cream And Banana**

**Baked Pineapple Slices With Maple Syrup**

**Blueberry Pancake With Lime-lemon Cream**

**Avocado Chocolate Mousse**

**Almond Milk With Chia Seeds**

**Granola Bars**

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## DESSERT

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**Vegan Carrot Cake**

**Date Bar With Orange And Cashew Nuts**

**Oat Balls With Cocoa And Oat Flour**

**Chocolate, Wheat Flour And Coconut Milk  
Biscuits Layered With Strawberry And Banana**

**Cinnamon, Walnut And Fruit Quinoa**

**Quinoa, Banana And Pineapple Fruit Pudding**

**Baked Caramelized Slices**

**Banana Chia Pudding**

**Coconut And Rolled Oats Granola Bar**

**Chocolate Raspberry Vegan Cake**

**Dark Chocolate Fondue With Strawberries**

**Buckwheat Slices With Chocolate Cream  
And Tropical Fruits**

**Mango Pudding With Coconut Milk**

**Vegan Brownie**

**Avocado Chocolate Pudding**

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## DESSERT

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**Apricot Oat Balls**

**Zerde (Pudding Like Dessert) With Currants And Saffron**

**Pepeçura (Pudding-like Dessert Made From Black Grape)**

**Sryuped Pumpkin With Tahini And Walnuts**

**Gluten-free Chocolate Cake With Plant  
Based Cream And Banana Slices**

**Quinoa And Melon Puree**

**Pineapple Slices With Almond Milk Cream And Cinnamon**

**Fruit Puree Pudding**

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### VEGAN MILK

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Almond Milk

Oat Milk

Cashew Milk

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### VEGAN MILK

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Rice Milk

Coconut Milk

Soy Milk

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### SMOTHIE

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Green Smoothie

Banana Smoothie

Red Smoothie

Strawberry Smoothie

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### SMOTHIE

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Vitamin C Booster Smoothie

Spicy Smoothie

Flax Seed Smoothie

Red Fruit Smoothie

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[www.sherwoodhotels.com.tr](http://www.sherwoodhotels.com.tr)  
[info@sherwoodhotels.com.tr](mailto:info@sherwoodhotels.com.tr)

