



DINE FROM THE LAND

AN IMMERSIVE GARDEN-TO-TABLE EXPERIENCE AT KINGBRIDGE

Welcome to an immersive dining journey that invites you to reconnect with the land and awaken your senses.

The experience begins with a guided exploration of the permaculture garden alongside Chef Jason. Here, you'll harvest fresh ingredients that will be featured in your evening meal. Using a refractometer, you'll also have the opportunity to measure the sweetness and nutrient density of plants, demonstrating how soil health, plant vitality, and flavor are deeply interconnected.

Next, enjoy a curated mixology session led by Gianmarco Zentena, our Assistant Food and Beverage Director. Discover how herbs, botanicals, vegetables, and Kingbridge's own wildflower honey can transform traditional spirits into refreshing, signature cocktails.

The evening concludes with a chef-crafted, garden-to-table dining experience, where each dish is intentionally designed to demonstrate how nutrition supports vitality, enhances well-being, and promotes optimal performance.




Kingbridge Centre

SEASONAL ACTIVITY
June to October

Group Size: Min of 8 and Max of 15
Duration: 3 hours
(Including dinner)

TAKEAWAY GIFT

- Kingbridge Honey
- Chef Recipes
- Performance Optimization Routines for Mind-Body Vitality