



Catering Information

Catering During the Kriya Yoga Seminar

During the seminar at Lizari, participants will have access to vegetarian breakfast, lunch, and dinner at the restaurant. The LIZARI restaurant puts its motto — “Food and Nature!” — into practice by offering meals prepared from local, clean, and fresh vegetables and fruit. Participants will enjoy a generous buffet with cold appetisers, salads, and hot dishes.

Tea, coffee, and water will be available to participants throughout the day without limitation.

Important:

It is not possible to cook or store food products in the hotel premises.

Menu

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| 25.06.2026 Thursday | Dinner | Vegetable soup, bread, berry cake, tea |
| 26.06.2026. Piekdiena | Breakfast | Dairy-free porridge, fruit, vegetables, bread, butter, tea |
| | Lunch | Buckwheat, vegetables, green salad, bread, tea |
| | Dinner | Bean soup, bread, chocolate cake, tea |
| 27.06.2026. Sestdiena | Breakfast | Dairy-free porridge, fruit, vegetables, bread, butter, tea |
| | Lunch | Stuffed zucchini, roasted potato wedges, green salad, bread, tea |
| | Dinner | Sorrel soup, bread, bread soup with whipped cream, tea |
| 28.06.2026. Svētdiena | Breakfast | Dairy-free porridge, fruit, vegetables, bread, butter, tea |
| | Lunch | Bean stew, tomato salad, bread, tea |
| | Dinner | Gazpacho cold soup, lemon cake, bread, tea |
| 29.06.2026. Pirmdiena | Breakfast | Dairy-free porridge, fruit, vegetables, bread, butter, tea |
| | Lunch | Boiled baby potatoes, vegetable bake, salad, bread, tea |
| | Dinner | Cold beet soup, berry cake, bread, tea |
| 30.06.2026. Otrdiena | Breakfast | Dairy-free porridge, fruit, vegetables, bread, butter, tea |
| | Lunch | Rice, grilled vegetables, salad, bread, tea |

⚠ After 18 June, payments will no longer be refunded, as they are directly related to the purchase of food products.

For any questions regarding catering or special dietary needs, please contact us at: info@krija.lv