



THE

MILLHOUSE

SLANE - CO. MEATH

Retreat Brochure



Welcome to the beautiful Millhouse
In the heart of mythical Ireland





Combining wellbeing with a beautiful and historic setting

The Millhouse lies on the banks of the River Boyne surrounded by nature and beauty for those seeking a peaceful retreat. With its elegant Georgian architecture and lush surroundings, this beautiful venue offers a haven for reflection and rejuvenation.

Escape the hustle and bustle of modern life, here you can immerse yourself in the timeless beauty of this historic estate, where surrounded by nature, its peace, and its grace. Whether it's an intimate rejuvenating retreat or a transformative workshop, the Millhouse promises an indulgent luxurious restorative experience.





BOUTIQUE LUXURY

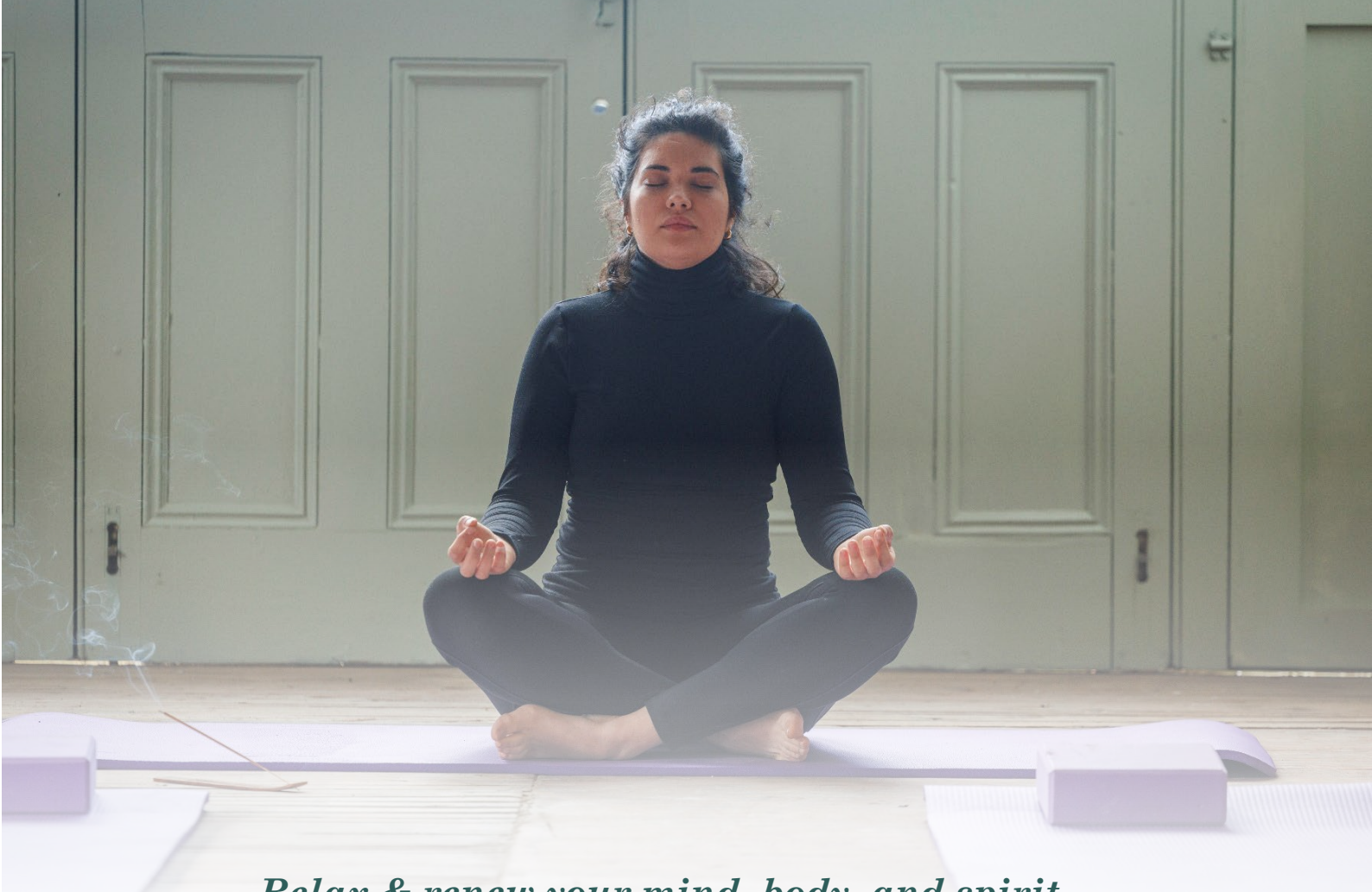
The Millhouse has 15 luxurious en-suite bedrooms in the Manor and 15 luxurious glamping units. With 15 beautiful en suite bedrooms, the Manor House can accommodate 50 people with an additional 45 people in our glamping accommodation located on the grounds, totalling 95 people. We also have a local accommodation list should you require more accommodation for your guests.



LUXURY GLAMPING

Glamping units are individually styled & decorated with comfortable beds & good showers. Some of the units such as the tents have their own private hot tubs.





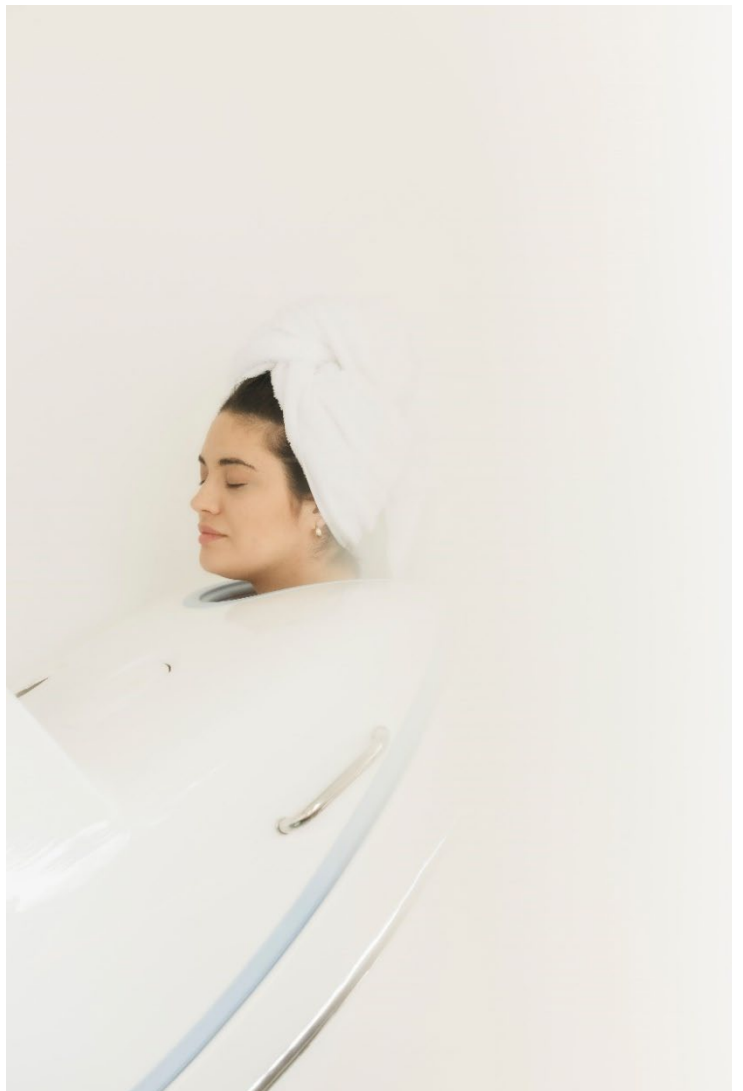
Relax & renew your mind, body, and spirit

From weekend Yoga Retreats to weeklong spiritual healing journeys, the Millhouse is a wonderful place for a retreat, whether you are attending one of our own luxurious retreats or hosting your own.

Retreat availability is mostly midweek, however we do have some weekend availability. Some of the key features we can offer are:

- Exclusive use of the Manor House
- Only 40 minutes from Dublin Airport & 50 minutes from Dublin City Centre
- Outdoor Hot tub & sauna available
- Large yoga Studio & meditation room
- Beautiful forest & riverside walks
- Stunning views surrounded by nature
- Secluded peaceful location
- Outdoor meditation & yoga terrace
- Large drawing rooms for relaxing
- 15 luxurious bedrooms in the main house
- Additional 15 glamping accommodation units on site including three large safari tents, 3 Shepard's Huts & 6 small cabins.
- Wilde swimming for the brave





Our rates

We require a 3-night stay minimum and prices are per person per night. The use of hot tub, sauna, meeting rooms and yoga room are included. A minimum occupancy of all 15 bedrooms otherwise a venue hire fee may apply.

We offer seasonal rates and prices will vary depending on whether it is midweek or weekend.

The rates below do not include breakfast:

Low Season Jan, Feb, Mar, Nov, Dec

Mid-week €90pps-
Sun-Thurs
Weekend €100pps-
Fri & Sat

Single Supplement
Mid-week €110-
Sun-Thurs
Weekend €140- Fri
& Sat

Mid-Season Apr, Oct

Mid-week €95pps-
Sun-Thurs
Weekend €105pps-
Fri & Sat

Single Supplement
Mid-week €120-
Sun-Thurs
Weekend €150- Fri
& Sat

High Season May, June, July, Aug, Sept, Dec 28- Jan 3rd

Mid-week €110pps-
Sun-Thurs
Weekend €120pps-
Fri & Sat

Single Supplement
Mid-week €130-
Sun-Thurs
Weekend €160- Fri
& Sat

Packages including all food and drinks

Low Season Jan, Feb, Mar, Nov, Dec

Mid-week €178pps-
Sun-Thurs
Weekend €188pps-
Fri & Sat

Single Supplement
Mid-week €198-
Sun-Thurs
Weekend €228- Fri
& Sat

Mid-Season Apr, Oct

Mid-week €183pps-
Sun-Thurs
Weekend €193pps-
Fri & Sat

Single Supplement
Mid-week €208-
Sun-Thurs
Weekend €235- Fri
& Sat

High Season May, June, July, Aug, Sept, Dec 28- Jan 3rd

Mid-week €198pps-
Sun-Thurs
Weekend €208pps-
Fri & Sat

Single Supplement
Mid-week €218-
Sun-Thurs
Weekend €248- Fri
& Sat

Food packages from €88 pp a day.

Please contact us directly for tailor made menus



Food and Drinks

We are Passionate about healthy nourishing organic food and plant-based eating and offer a range of organic vegan, vegetarian, and Ayurvedic menus. We are also happy to tailor make non vegetarian menus to suit your party. Please note all menu choices must be pre ordered before arrival. We are also happy to work with your chef for particular menus.



Vegan Menus

These menus are meat, wheat &
dairy free

Retreat Vegan Breakfast Buffet menu - €20 pp

Choose one pressed juice daily

Beetroot, Apple, Tumeric and ginger
Ginger carrot, apple
Pure celery

Choose from either hot breakfast or smoothie bowl

Hot breakfast

Spicy beans with wheat & gluten free, oat bread, avocado with smoked paprika & lime, garlic, mushrooms & sweet potato hash

Smoothie bowl

Oats with banana, fresh berries, mixed nuts & seeds, almond butter, maple syrup & granola
Oats with pineapple, banana, peach, chocolate peanut butter
Oats with banana, blueberry, spinach & pineapple
Oats with peanut butter, coconut & lime, strawberry & carrot, orange & turmeric

Also available:

Muesli
Porridge
Homemade Granola
Soya yoghurts, fruit salad and fruit platters
Selection of infused waters & herbal teas



Vegan Lunch menu - €30 pp

Wheat and dairy free

Choose one soup or one dessert, one salad and one main course

Soups:

Tomato and lentil
Sweet potato chowder
French onion
Vegetable
Thai coconut gazpacho
Roast beetroot

All soups come with wheat free bread

Salad:

Roasted Mediterranean vegetables, with black olives and capers & brown rice
Baby leaf greens with baby beetroot, apple, and walnut & mixed seeds

Mains:

Black bean & sweet potato stew with kale
Red lentil Dahl with mango raita
Chickpea tagine with Moroccan spices, spinach, and soya yoghurt

All main courses come with a side salad & brown rice

Choose one salad:

Roasted Mediterranean vegetables, with black olives and capers
Baby leaf greens with baby beetroot, apple, and walnut & mixed seeds,

A selection of herbal teas and vegan power balls and a selection of herbal & fruit infused waters

Vegan Dinner menu - €38 pp

3 courses

Choose one starter, one main course & one dessert

Starters:

Tomato and lentil
Sweet potato chowder
French onion
Vegetable
Thai coconut gazpacho
Roast beetroot

Roasted Mediterranean vegetables salad, with black olives, capers and brown rice

Baby leaf greens with baby beetroot, apple, and walnut & mixed seeds,

Tomato and garlic bruschetta

Super food salad with quinoa, roast Mediterranean vegetables, avocado, mango & roasted walnuts and basil pesto

All soups come with wheat free bread

Mains:

Tom ka ka coconut and sweet potato curry with mushrooms, green beans, lemongrass, lime & coriander

Butternut squash & wild rice stew with chickpeas and kale

Spicy black bean stew with tomato and spinach, curly kale

Creamy French lentil stew with mushrooms and kale

Mushroom bourguignon with creamy potato and roasted cauliflower

Vegetarian Chili con Carney

All main courses come with a side salad & brown rice

Desserts:

Blueberry & Cardamon Chia pudding

Mango & chilli and ginger Chia pudding

Rhubarb apple and ginger oat crumble with toasted almonds & and soya cream

Dark chocolate mousse with avocado and raspberry sorbet

Selection of infused waters & herbal teas. Coffee available.

A starter or dessert course can be added for €12 pp



Vegetarian Menus

These menus are meat free

Choose one pressed juice daily

Beetroot, Apple, Tumeric and ginger

Ginger carrot, apple

Pure celery

Choose from either hot breakfast or smoothie bowl

Hot breakfast

Turkish eggs in a garlic yoghurt sauce with smashed avocado on toasted sourdough
with sweet potato chips

Moroccan shakshouka - poached eggs in a spicy tomato sauce

Smoothie bowl

Oats with banana, fresh berries, mixed nuts & seeds, almond butter, maple syrup & granola

Oats with pineapple, banana, peach, chocolate peanut butter

Oats with banana, blueberry, spinach & pineapple

Oats with peanut butter, coconut & lime, strawberry & carrot, orange & turmeric

Also available:

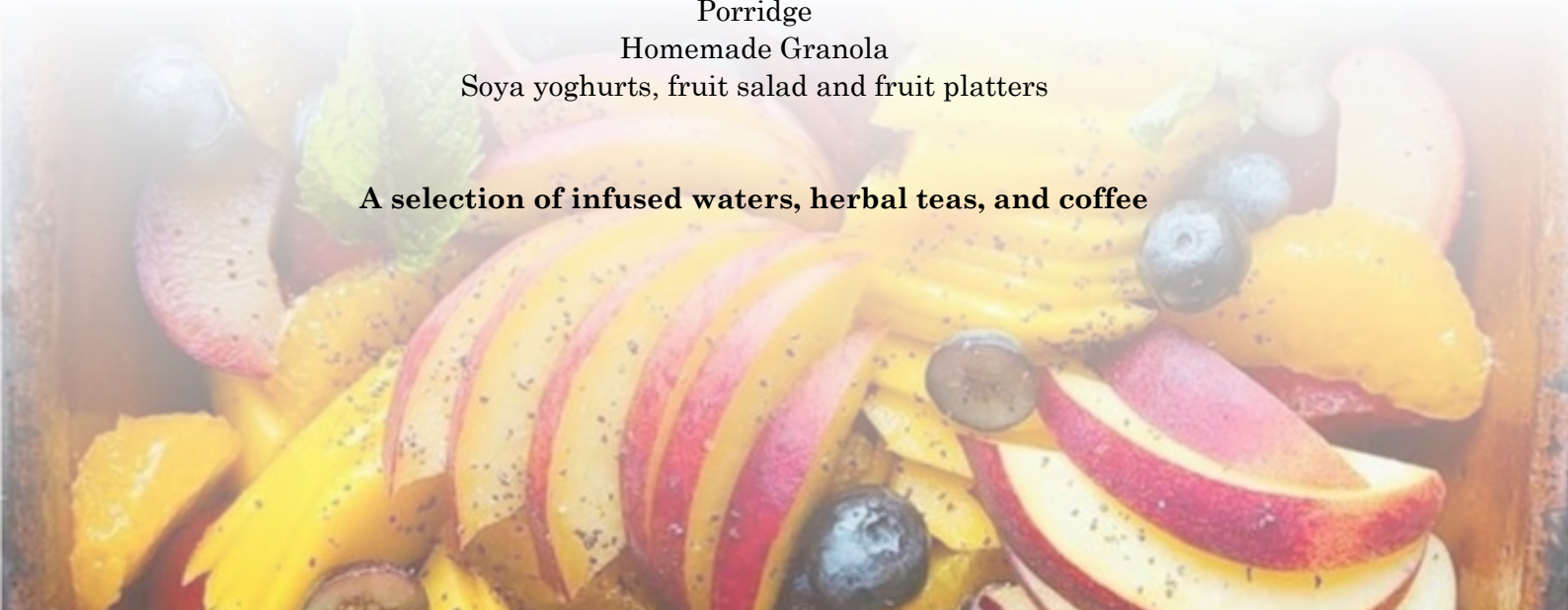
Muesli

Porridge

Homemade Granola

Soya yoghurts, fruit salad and fruit platters

A selection of infused waters, herbal teas, and coffee



Vegetarian Lunch menu - €30 pp

3 courses

Choose one starter or one dessert & one main course

Starters

Tomato and lentil
Sweet potato chowder
French onion
Vegetable
Thai coconut gazpacho
Roast beetroot
Roasted garlic & broccoli
Puy lentils, goats' cheese, and caramelised walnuts
Baby leaf green salad with roasted baby beetroot, apple and caramelised walnuts

All soups come with wheat free bread

Mains:

Courgette and spinach, tart with cherry tomatoes, pine nuts, and basil oil
Mushroom Wellington with butternut squash and Gruyere cheese
Moroccan chickpea, tagine with spices chard & cucumber riata
Roasted Mediterranean vegetable stack with goats' cheese
Caramelised sweet onion tart, with caramelised walnuts with goats' cheese on filo pastry
Spinach & zucchini with cream cheese, quiche, pine nuts and basil oil

All main courses come with a side salad & brown rice

Desserts:

Chocolate ganache tart with raspberry sorbet
Rhubarb apple and ginger crumble with coconut, toasted almonds, and vanilla, ice cream
Dark chocolate brownie with Amaretto cream, & vanilla, ice cream, and a hot chocolate fudge sauce

A selection of infused waters & herbal teas

Vegetarian Dinner menu - €50 pp

Choose one Appetizer, one main course & one dessert

Appetizers:

Onion rösti w/ fresh mango or beetroot purée
Warm goats cheese salad w/ beetroot, fig, balsamic creme, rocket & pine nuts
Leek & Gruyère cheese tartlet
Creamy Mushroom ragu w/ garlic & thyme on toasted brioche
Buffalo mozzarella tart w/ beef tomatoes & basil on puff pastry
Filo parcels w/ butternut squash, spinach, feta cheese & raspberry coulis
Super-food salad w/ quinoa, roasted Mediterranean vegetables, avocado, mango, roasted walnuts
& basil pesto

Mains:

Roast vegetable stack w/ goats' cheese, caramelized walnut, fresh fig, Muscat raisins
Mediterranean filo vegetable tart w/ aubergine & red peppers, cherry tomatoes, garlic & shallots
w/ petit salad, buffalo mozzarella & basil pesto
Mushroom wellington w/ butternut squash & Gruyère cheese encased in puff pastry
Chickpea tagine w/ Moroccan spices, chard, yoghurt & couscous
Caramelized sweet onion tart w/ goats' cheese on filo pastry, petit salad
& French dressing
Spinach, zucchini & cream cheese quiche w/ pine nuts & basil oil
Stuffed red pepper w/ spiced couscous
Sweet potato & dhal served w/ basmati rice, mango riata & gram flour papadum
Courgette & spinach tart w/ cherry tomatoes
Cauliflower steak w/ cumin honey, chilli & almonds

All main courses come with a side salad & brown rice

Dessert:

Meringue & sorbet w/seasonal fruit
Dark chocolate hazelnut brownie w/ amaretto cream or vanilla ice cream & hot chocolate
fudge sauce (vegan version)
Rhubarb, Apple & ginger crumble with coconut oil & toasted almonds & vanilla ice cream
Vegan Chocolate Mousse with raspberry sorbet, fresh berries
Warm Pear & Almond tart w/ cinnamon ice cream

Selection of infused waters & herbal teas



Ayurvedic Menus

All our Retreat menu Ayurvedic are tridoshic but Dosha spice mixes - vata, Pitta & Kapha will be available on our buffet table

Retreat Ayurvedic Breakfast Menu - €20 pp

Choice one tonic daily

Digestion tonic

Detox tonic

Immunity tonic

Cilantro juice for heavy metal detox, CCF and ginger tea (must be pre ordered @ €3pp)

Choose from Porridge or Hot breakfast

Pitta/vata overnight oats

Simply spiced vanilla quinoa porridge


Hot Breakfast

Breakfast kitchari with mung dal rice, carrots, coconut and cardamon

Breakfast scramble with eggs, asparagus squash, kale, and spices

Fresh fruit platter

Selection of infused waters & herbal teas



Ayurvedic Lunch menu - €30 pp

Soups:

Curried coconut vegetable soup
Get well peya soup

Mains:

Classic cleansing kitchari
Masoor dahl
Quinoa & vegetable stir fry with carrots zucchini mushrooms & Coconut
Simply steamed vegetables

All main courses come with a side salad & brown rice

To finish:

A selection of herbal teas & Ojas increasing energy balls and
a selection of herbal & fruit infused waters

Ayurvedic Supper menu - €50 pp

3 courses

Choose one soup, one main course and one dessert

Soups:

Coconut beetroot, soup,
Kale, and carrot soup with ginger & Fennell
Lime coconut and sweet potato soup with nettles
Butternut squash soup with Fennell, ginger and garlic
Potato & leek soup, with fennel seeds and red pepper, flakes
Potatoes, and roasted, sesame coconut and lime
Peas with fennel and mintVegetable

Mains:

Asparagus saffron risotto with lemon coconut rice
Chickpea with coconut pesto all served with brown rice
Mung dal coconut Cilantro kitchari sweet potato with Kale & ginger

All main courses come with a side salad & brown rice

Desserts:

Chia pudding with dates, cinnamon, cardamon and ginger
Rice pudding with dates, cinnamon & cardamon
Caramelised orange and pistachio mung
Dahl cake
Mango Lassie mouse,
Lemon, basil & almond drizzle cake
Banana, and date cookie dough bites

Selection of infused waters & herbal teas. Coffee available.



Activities

Explore our diverse range of activities, also we work closely with few activity companies such as Midland Escape <https://www.midlandescape.ie/> , <https://rafting.ie/> who offer a wide range of activities which can be had at the Millhouse such as:

- Kayaking
- Team Building activities
- Paddle Boarding
- Biking
- Hiking
- Motivational speakers
- Rafting
- Yoga
- Mindfulness Talks
- Fishing
- Qi Gong
- Mediation
- Evening Entertainment

All activities above are only suggestions. If you have a particular activity in mind for your event, please do speak to us directly and we will endeavour to assist you into incorporating this into your trip. We have wonderful walks by the river and through the woods, with wild, swimming for the brave and a hot tub and sauna.

We have also teamed up with other Event Management companies & local tour guides to bring you a wide range of activities or local tours.



QUOTE

We would be delighted to provide you with a detailed quote.

VIEWING

Viewings are by appointment only. We can also offer zoom meetings & showarounds for overseas guests. Please contact our team to arrange an appointment. For more information please see our website www.themillhouse.ie or our Facebook, Pinterest or Instagram pages

BOOKING

We require a deposit of €1500 to confirm your booking, 50% payment 6 months before your event, a further 25% payment 3 months before. The final balance along with your menu choices and rooming allocation are required 2 weeks before your arrival.

LOCATION

The Millhouse is located on the N2 at the bridge in Slane, Co. Meath. The Georgian Manor House, the Old Mill, and the tall, red brick chimney stack are visible from the road on the banks of the River Boyne. Coming from Dublin on the N2, cross the bridge in Slane and turn right immediately. Coming from Slane on the N2, turn left at the bottom of the steep hill.

ADDRESS

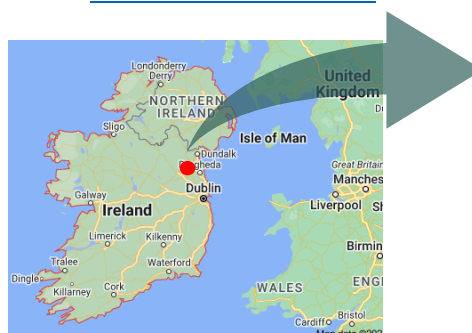
The Millhouse

The Old Mill, Slane, Co. Meath, Ireland, C15 FFK7

Tel: 00353-41-9820878 office hours Monday - Friday 9am - 5pm

Email: information@themillhouse.ie

Web: www.themillhouse.ie

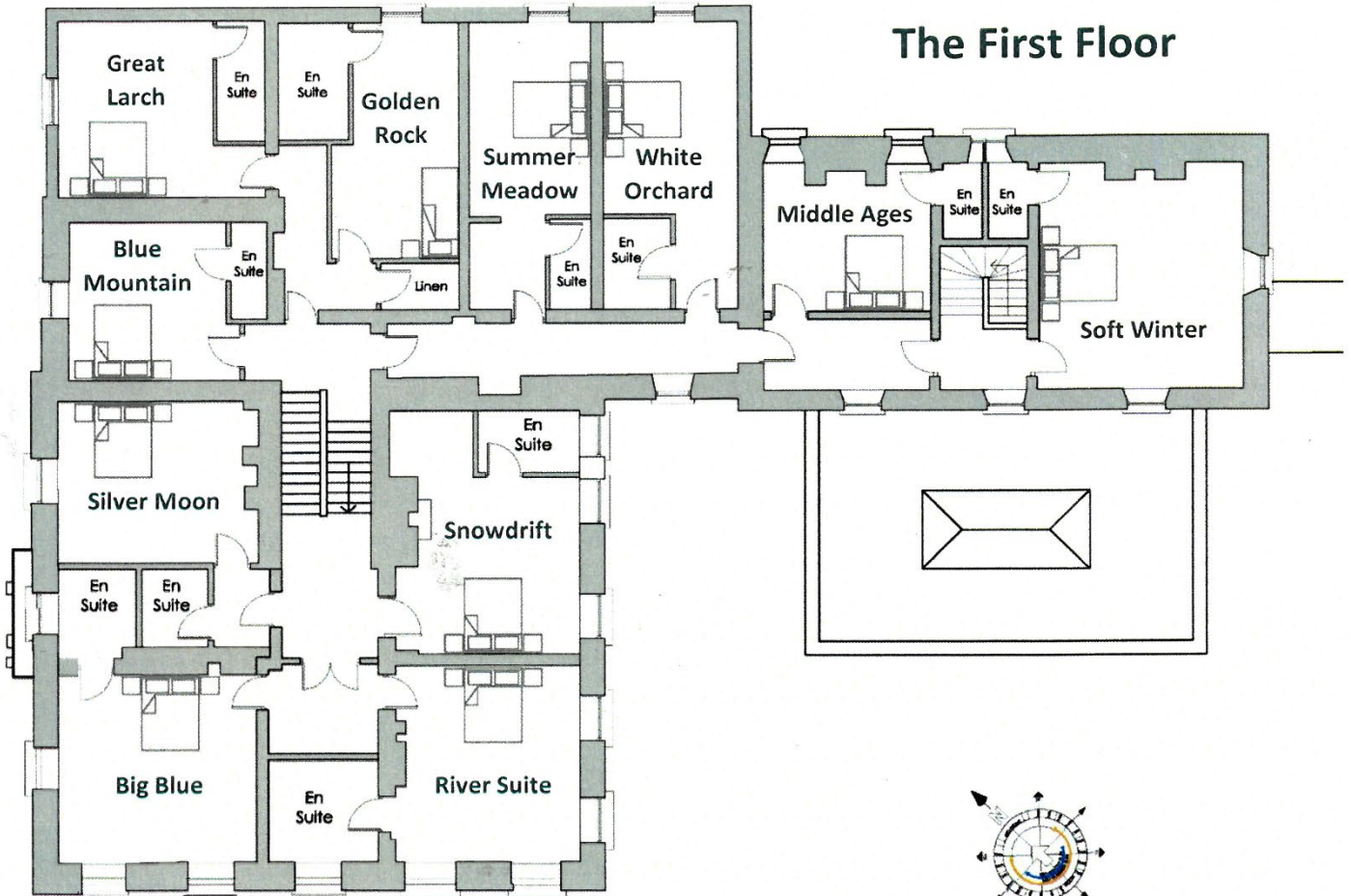


**The Millhouse
Slane**



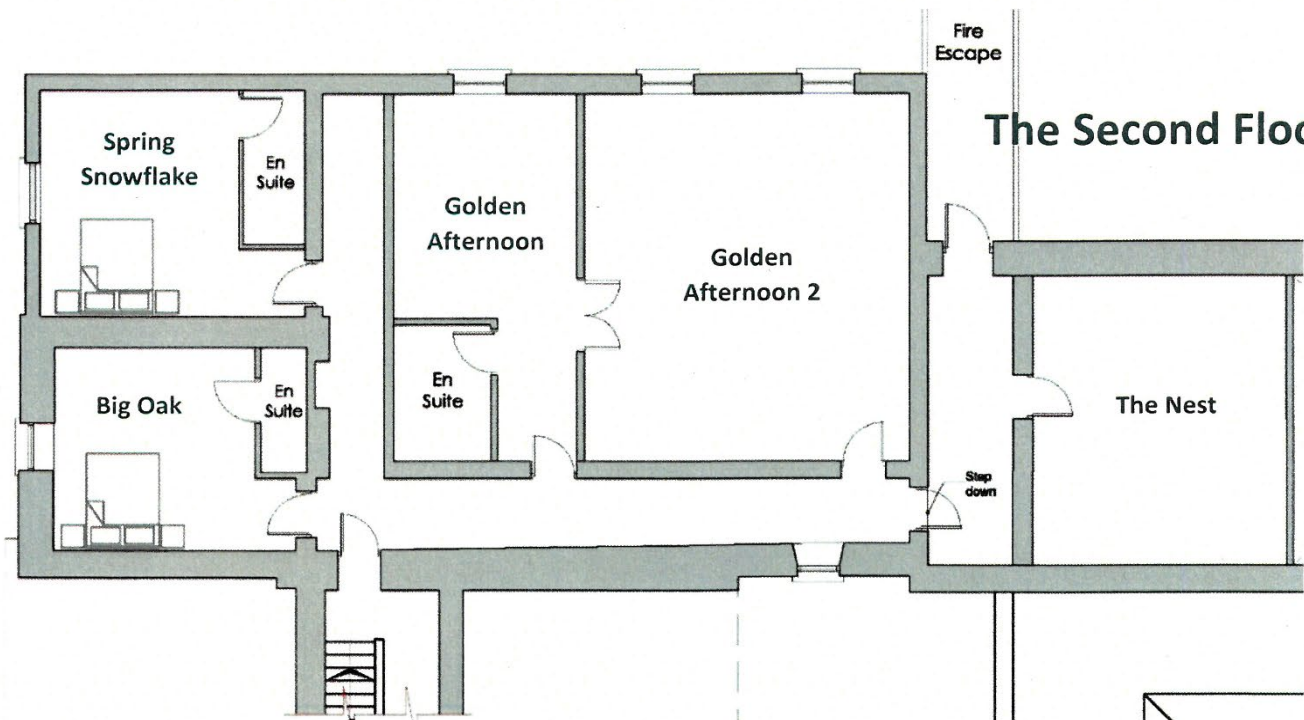
THE
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The First Floor



Fire
Escape

The Second Floor



Bedroom Layouts

PLACES TO EXPLORE

- **Slane Castle** - www.slane castle.ie - situated in a dramatic setting by the river Boyne, is one of the most exciting buildings architecturally in Ireland;
 - Slane Castle Tours - historical tours throughout the Castle which will give you an opportunity to learn about the Conyngham Family, the history of the building and all about the concert's that have been held at the venue over the years.
 - Discover Slane Irish Whiskey - A tour of Slane Distillery takes visitors through their heritage room, barley room, cooperage, and maturation warehouse before a final stop that provides a view of the pot stills and production areas. The tour concludes in the best way possible with a taste of their signature triple casked blend, Slane Irish Whiskey.
- **The Hill of Tara** - www.discoverboynevalley.ie/boyne-valley-drive/heritage-sites/hill-tara - Ancient seat of the high Kings – beautiful walk.
- www.visitslane.ie - Explore one of the most beautiful villages in Ireland and see where Saint Patrick burnt the snakes out of Ireland on the Hill of Slane.
- **Ledwidge Cottage**, Francis Ledwidge Museum and War Memorial Centre – www.francisledwidge.com - The museum is the cottage birthplace of World War I poet, Francis Ledwidge. It is a perfect example of a 19th century farm labourer's cottage
- **Brú na Boinne Visitor Centre** situated on the south bank of the river provides access and information on the world heritage sites; (9 minute drive)
 - Newgrange - a 5,200 year old passage tomb located in the Boyne Valley in 5min
 - Knowth - Knowth has two passages and is surrounded by seventeen satellite cairns.
 - Dowth - Dowth is the only one of the three large Brú na Bóinne Passage Tombs which is not accessible from the Visitor Centre Visitors to Dowth must drive directly to the site on the north bank, a couple of miles from the Slane / Drogheda road. (12 minute drive)
 - <http://www.worldheritageireland.ie/bru-na-boinne/>
 - <https://www.discoverireland.ie/Arts-Culture-Heritage/bru-na-boinne-visitor-centre-newgrange-knowth-and-dowth/12303>
- **Old Mellifont Abbey** - www.discoverboynevalley.ie/boyne-valley-drive/heritage-sites/old-mellifont-abbey - The first Cistercian monastery in Ireland founded in 1142 by St Malachy of Armagh, its most unusual feature is the octagonal Lavabo c. 1200. The Visitor Centre houses an interesting exhibition on the work of masons in the Middle Ages with fine examples of their craft on display. Access to site by stone stairway.
- **Monasterboice** - www.discoverboynevalley.ie/boyne-valley-drive/heritage-sites/monasterboice - High crosses & round tower founded in the late 5th century by Saint Buithe who died around 521.
- www.Headfortgolfclub.ie – The most beautiful & best golf club in Ireland (20min)