



Sample Retreat Menu



Vegan options available. Also gluten, dairy and refined sugar free.

Breakfast Buffet

Coffee & selection of teas

Jugs of fresh juice or smoothie

Seasonal fruit platter

Muesli; raw, toasted and gluten free

Bircher or chia pudding

Plain or coconut yoghurt

Nuts and seeds

Sweet loaf; such as banana and coconut, apple and cranberry, carrot
and walnut, gf available

Selection of breads; sourdough, white, multigrain, gluten free

Selection of homemade nut butters, jams, compotes, chutneys

Sliced tomato and avocado

Eggs cooked to order



Lunch

Roasted sweet potato skins
Chilli con carne
Lentil and chickpea stew
Sweet potato and tahini purée
Brown rice
Avocado and tomato salsa
Pickled cabbage
Pickled onion
Creamed corn with chilli and coriander
Sprouts
Sour cream
Cheddar cheese
Corn chips
Lettuce

Dinner

Market fish tataki with soy and black pepper
Sushi rice
Mirin roasted pumpkin
Toasted sesame dressed green beans and cucumber
Miso and tofu soup
Nori chips
Pickled ginger
Kimchi

Wasabi aioli