

## EXAMPLE OF A TYPICAL MENU FOR 3 DAY VEGETARIAN RETREAT

### BREAKFAST

(hot breakfast served by us)

Roast capsicum tomato and spinach Shakshuka topped with eggs & cheese then baked in the oven and served with rocket and yoghurt (gf and adapted for df)

Banana hemp seed and super greens smoothie (gf/df/vegan)

Local Ten Acres organic sough dough toast  
Jams and organic butter

Juice, teas and plunger coffee

### LUNCH

Japanese inspired Poke bowl with silken tofu, edemame, enoki mushrooms, greens, pickled ginger on shredded zucchini & sweet potato noodles with sticky miso sesame dressing (gf/df/vegan)

### AFTERNOON TEA

Tahini, hemp and peanut protein bites with cacao (gf/df/low sugar)

### DINNER

Red Thai curry with snow peas, baby corn and bamboo shoots.

Tofu Larb with kaffir lime and water chestnuts

Fresh greens with roasted pumpkin and cashew nuts

Tri coloured quinoa and cauliflower rice

### DESSERT

Lime and coconut brulee tart with almond and sesame base (gf/vegan/low sugar)

## **BREAKFAST**

(self serve)

Sticky black rice cups with pandan coconut yoghurt, mango & berries (gf/vegan)

Breakfast platters - Smashed avocado, dukkha, fermented beetroot kraut,  
crumbled feta & greens

Local Ten Acres organic sough dough toast  
Jams and organic butter

Juice, teas and plunger coffee

## **LUNCH**

Gado Gado bowls, a traditional Indonesian salad with boiled eggs, crunchy vegetables,  
potato, marinated tofu and a fragrant peanut satay dressing (vego/gf)

## **AFTERNOON TEA**

Apricot, almond , ginger & coconut bliss balls (gf/vegan/csf)

## **DINNER**

Hand rolled falafel with hummus  
Grilled aubergine and cauliflower salad with tahini and pomegranate.  
Green beans and okra in tomato and garlic  
Turmeric pilaf rice with sultanas and roast almonds

## **DESSERT**

Cacao coconut mousse with dark berries & salted caramel pecans (gf/vegan/ low sugar)

## **BREAKFAST**

(self serve)

Cacao ginger & berry chia cups with coconut yoghurt and toasted seeds (gf/vegan)

Savoury platters of marinated mushrooms , goats cheese, boiled eggs, greens and fermented kraut

Local Ten Acres organic sough dough toast  
Jams and organic butter

Juice, teas and plunger coffee

## **LUNCH**

Carrot ginger and turmeric soup.  
Rocket & zucchini salad with pine nuts & fetta  
Organic sough dough baguette

## **AFTERNOON TEA**

Super seed and nut slice with goji berries (gf/df/low sugar)

## **DINNER**

Mexican fiesta  
Smoky shredded jack-fruit and caramelised onion  
Spicy bean con carne  
Avocado, tomato and coriander guacamole  
Charred corn and mint salsa  
pickled red cabbage salad  
Cheese and sour cream  
Soft tortilla and crunchy tacos  
(gf/adapted for df)

## **DESSERT**

Flourless cacao and orange cake with roasted pears & vanilla coconut yoghurt  
(gf/df/low sugar)