

DAY 1

Welcome grazing platter on arrival

DINNER

Red Thai curry loaded with veg & fresh herbs
Fragrant tofu Larb with kaffir lime & water chestnuts
5 spice pumpkin salad with greens & roasted cashews
Cauliflower rice and quinoa with tamari
(gf/ df/vegan)

DESSERT

Ginger and lemon myrtle crème brulee with charred pineapple and macadamia nuts
(vegan/gf/df)

DAY 2

7am Lemon water and M20 – Super Smoothie

SILENT BREAKFAST

Banana , chia, flax & buckwheat pancakes. (gf/df) with warm fruit compote, nuts, yoghurts,
lemon and maple syrup.

Savoury Platters of goat cheese, greens, beetroot kraut avo, dukha & cherry tomatoes.

Ten Acres Local Organic Sourdough toast + gf keto bread, jams, juice, tea & coffee

LUNCH

Savoury tart with tomato tapanade - mushroom artichoke and feta with almond crust. (gf)

Zucchini and rocket salad with green goddess dressing and roasted pine nuts.

AFTERNOON TEA

Apricot, almond, ginger and coconut protein balls (gf/df/vegan)

DINNER

Wild caught crispy skinned barramundi with smokey sweet potato mash, cherry tomato, lemon
and caper salsa, greens and lemon myrtle & finger lime mayo. (gf/df)

DESSERT

Flourless chocolate cake -orange, almond & cacao with strawberries & cream or coconut - gf

DAY 3

Lemon water and M20 – Super Smoothie

BREAKFAST

Smokey tomato, roast capsicum & herb Shakshuka topped with eggs and cheese then baked in the oven served with rocket and yoghurt (gf, adapted for dietaries)

Sticky black rice w/ pandan coconut yoghurt, mango and blueberries (gf, df, vegan)

Ten Acres Local Organic Sourdough toast + gf keto bread, jams, juice, tea & coffee.

LUNCH

Lemon grass, turmeric & garlic chicken pieces, with peanut satay sauce.

Green papaya, fresh herb, rainbow veg & finger-lime salad (gf/df)

AFTERNOON TEA

Tahini, hemp seed , peanut & cacao ecstasy squares (gf/df/vegan)

DINNER

Middle Eastern - Baked haloumi & green falafels with hummus.

Millet, herb, tomato and lemon tabouli.

Charred aubergine, roast carrot & cauliflower salad with tahini dressing.

Fresh beetroot and radish pickle & yoghurt (gf with df/vegan options)

DESSERT

Chai tart with raw nutty ginger cacao base and citrus berry salsa (gf/df/vegan)

DAY 4

7am Lemon water and M20 – Super Smoothie

BREAKFAST

Roasted Portabello mushrooms with poached eggs, greens, feta and homemade sauerkraut.

Ginger & coconut chia cups w/ cacao coconut yoghurt, berries and toasted seeds (gf/df)

Ten Acres Local Organic Sourdough toast + gf keto bread, jams, juice, tea & coffee.

FINAL KITCHEN WORKSHOP

12noon GUESTS DEPART

THANK YOU

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