

3 DAY EXAMPLE MENU THAT INCLUDES MEAT

WELCOME PLATTER

Seasonal fruits
Lemon Myrtle, macadamia & cashew protein balls.
Cacao & ginger raw brownie bites
Trio of dips with veggies and seeded crackers

(gf/df/vegan options/ cane sugar free)

DINNER

Mediterranean Platters
Lamb Kofta and Green Pea Falafel with Hummus.
Baked aubergine moussaka with tomato, capers, lemon zest and ricotta.
Pickled cucumber and radish salad with olives and herb yoghurt
Jewelled turmeric pilaf rice with pomegranate, dried fruits and roasted almonds (gf)
(gf/adapted for other dietaries)

DESSERT

Persian Love Cake with rose scented cream & pistachio nuts.
(gf/cane sugar free/ dairy free option)

BREAKFAST 7am

(hot, served by us)

Savoury green herb & zucchini protein pancakes with goats cheese & tomato salsa. (gf/df/csf) Dragon fruit, berry & ginger anti oxidant smoothie with flax, hemp & maca powder (gf/df/csf)

Ten Acres Local Organic Sourdough toast + gf with breakfast spreads Jams, Juice, tea & plunger coffee

LUNCH

Marinated sticky tofu with a fragrant peanut satay.

Green Papaya salad with fresh herbs, rainbow slaw, pineapple and lemongrass num jim dressing.

Vermicelli glass noodles
(gf/df/csf)

AFTERNOON TEA

Tahini, peanut, buckwheat & cacao Ecstasy squares (gf/df/ low cane sugar)

DINNER

Tandoori marinated chicken pieces.

Turmeric pumpkin and coconut dahl with paneer cheese & fresh herbs

Charred tamari broccoli salad

Yoghurt, cucumber and mint riata.

Tomato, coriander and lime, coconut sambal.

Mango and ginger chutney

Brown rice & Popudums

(GF/ DF alternatives, adapted for allergies)

DESSERT

Cacao and blood orange creme brulee with citrus & berry salsa and coconut tuiles.

(gf/df/vegan/low sugar)

BREAKFAST

(self serve)

Raspberry, ginger & coconut chia cups w/ cacao coconut yoghurt,
blueberries & toasted seeds (gf/vegan)

Savoury Platters of boiled eggs, marinated mushrooms, goats cheese,
greens, & fermented kraut

Ten Acres Local Organic Sourdough toast + gf with breakfast spreads
Teas, juice and plunger coffee

MORNING TEA

Lemon, almond and poppy seed cake with tangy honey glaze (gf/df/csf)

LUNCH

Golden turmeric & ginger bone broth with
chicken herb & water chestnut dumplings,
shredded zucchini noodles, Asian greens & toasted seeds.
(gf/df/csf)

DINNER

Wild caught crispy skinned Qld Barramundi, charred asparagus
Sweet potato mash, blistered tomato & capsicum salsa, caper & garlic
mayonnaise,
(gf/df/csf)

DESSERT

Warm spiced pear & ginger pudding with honey miso butterscotch sauce.
Served with whipped cream or coconut cream
(gf/can be df/ low cane sugar)

BREAKFAST

(self serve)

Black sticky rice cups with pandan coconut yoghurt, mango, berries and toasted seeds.(gf/df/csf)

Savoury platters of poached eggs, avocado, feta, dukkha, greens and fermented sauerkraut.

Ten Acres Sourdough toast butter and breakfast spreads (plus gf option)

Teas, juice and plunger coffee

MORNING TEA

Sweet potato, pecan, maple & cacao brownies

(gf/df/csf)

LUNCH

Grilled haloumi salad plates with roast pumpkin, lemon tomatoes, marinated beetroot, green goddess dressing & macadamia nuts,

(gf /csf)

GUESTS DEPART