

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/ncs)

Local Ten Acres organic sough dough toast

Breakfast spreads & grass fed 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 & vegan sesame mayo.

(gf/df/vegan/sugar free)

AFTERNOON TEA

Tahini, hemp seed, buckwheat & peanut protein bites with cacao (AKA ecstasy squares)
(gf/df/low sugar)

DINNER

Red Thai curry with snow peas, baby corn, bamboo shoot & fresh herbs.

Tofu Larb with kaffir lime, green beans & water chestnuts

Roasted five spice pumpkin salad with fresh greens, bean sprouts,
cherry tomatoes & cashew nuts

Tri coloured quinoa and cauliflower rice

(gf/df/vegan/ sugar free)

DESSERT

Lime and coconut brulee tart with a nutty ginger base
(gf/vegan/low sugar)

BREAKFAST

(self serve)

Mango, turmeric and ginger chia cups with pandan coconut yoghurt, berries and toasted seeds (gf/vegan/csf)

Breakfast platters - Smashed avocado, dukkha, fermented beetroot kraut, goats cheese, marinated mushrooms & greens.

Local Ten Acres organic sough dough toast

Breakfast spreads and grass fed 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 green pea, chickpea & herb falafel with hummus
Grilled aubergine and cauliflower salad with tahini and pomegranate.

Green beans and okra in tomato and garlic with feta

Turmeric pilaf rice with sultanas and roast almonds

Fresh pickled cucumber & onion

(gf/df option/can be vegan/csf)

DESSERT

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

BREAKFAST

(self serve)

Banana, flax, chia & buckwheat, protein pancakes with fruit compote, nuts and selection of yoghurts (gf/df/csf/can be vegan)

Turmeric Tofu scramble with red capsicum & herbs (gf/df/vegan/csf)

Local Ten Acres organic sough dough toast + gf option

Breakfast spreads & grass fed 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 natural youghurt

Soft tortilla and crunchy tacos

(gf/adapted for df/csf)

DESSERT

Flourless cacao, almond & orange cake with roasted

pears & vanilla coconut yoghurt or cream

(gf/df/low sugar)