

EXAMPLE OF WHAT A FOODIE RETREAT MENU MIGHT LOOK LIKE

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

Spiced chia, flax, buckwheat & sweet potato, protein pancakes. (gf/df/csf) 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 Local organic sourdough toast + gf keto bread, grass fed butter and breakfast spreads.
Juice, organic teas & barista coffee.

LUNCH

Miso sesame broth with roasted mushrooms, sticky inari tofu, edamame, pickled ginger, shredded zucchini, sweet potato noodles and toasted seeds (gf/df/vegan)

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 dietries)

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

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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 - Green pea falafels & lamb kofta with hummus. Millet, herb, tomato and lemon tabbouleh. 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

Sunrise- Lemon water and M20 – High protein Super Smoothie

BREAKFAST

Turmeric tofu scramble with greens, feta and homemade sauerkraut. (gf/df options)

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

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FINAL KITCHEN WORKSHOP

12noon GUESTS DEPART

Thank you

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