



# *Retreat Menu*

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# Retreat Menu

## Breakfast

Basic breakfast includes:

- a seasonal fruit platter
- freshly squeezed juice
- a selection of organic breads, local jams, spreads including tahini, honey, macadamia butter
- organic yoghurt
- toasted muesli and gluten free muesli
- cheese, tomato and avocado
- gluten free and regular porridge

The hot option accompanies the basic breakfast

Hot accompaniments include:

- freshly baked breakfast muffins
- scrambled eggs
- breakfast frittata
- scrambled tofu
- boiled eggs
- poha - gugerati breakfast
- buckwheat pancakes

Organic teas and a fruit bowl are available all day.



# Retreat Menu

## Main meals

*All main meals are accompanied by a salad (see salad list below)*

- ~ Mixed vegetable curry with spinach dhal, raita and chutney and saffron rice
- ~ Quinoa and nut roast with baked vegetables (beetroot, carrot, parsnip, potato, pumpkin) with a tahini sauce
- ~ Pumpkin, spinach and mushroom lasagne and a bocconcini cherry tomato and artichoke antipasti
- ~ Marinated artichoke and pea lasagne with warm green beans and carrot seed salad
- ~ Star anise tempeh with stir fried vegetables and coconut rice
- ~ Baked polenta stack with pepperonata and salsa verde served with a hot zucchini, fetta and almond salad
- ~ Gado gado - steamed vegetables, tempeh, boiled eggs, bean shoots and a macadamia nut sauce with fired rice
- ~ Eggplant and pumpkin parmigiana with gluten free pasta and fresh borlotti beans
- ~ Zucchini and fetta fritters with pilaf rice
- ~ Green vegetable frittata with pumpkin quinoa with a yoghurt dressing
- ~ Mixed vegetarian sushi with miso Soup
- ~ Vietnamese spring rolls with a Chinese cabbage broth

# Retreat Menu

## For winter there is a range of soups

- ~ Greek Lentil soup with polenta cakes
- ~ Italian Tomato, roast capsicum and borlotti bean with freshly made damper
- ~ Carrot and Orange soup with sour dough and gluten free bread
- ~ Mulligatawny soup with a side of yoghurt rice
- ~ Borst - European beetroot soup with a side of quinoa, beans and arame
- ~ Spinach and pumpkin broth with parmesan cheese and baked aborio rice
- ~ Vegetable lemongrass and coconut milk soup with coriander and sweet chili noodle salad
- ~ Carrot, dill and cauliflower soup with cannellini beans and a pumpkin scones

# Retreat Menu

## Salads

Salads depend on what is in season but will often contain a protein if there is no protein in the main meal. These are just a few of what are on offer.

- ~ Rocket, pear and pecan
- ~ Baby spinach, borlotti beans, mandarins or blueberries (if in season) and sheeps fetta
- ~ Haloumi, beetroot, lentils and mixed leaves
- ~ Mixed leaves with roasted pumpkin, pinenuts and sunflower sprouts
- ~ Thai style salad with rice noodles and bok choy
- ~ Corn, snow peas, green beans, chickpeas and watercress
- ~ Mixed leaves, avocado, kalamata olives, cherry tomatoes and cucumber
- ~ Cos lettuce, mixed leaves, grated beetroot, mixed seeds and sprouted legumes

# Retreat Menu

## Desserts

- ~ Middle eastern orange and chocolate cake
- ~ Chocolate cheesecake brownie
- ~ Gluten free macadamia and seasonal fruit crumble with whipped cream
- ~ Chocolate mouse
- ~ Persian love cake with yoghurt
- ~ Dairy free apple caramel
- ~ Date, fig and walnut pudding with custard
- ~ Currant and hazlenut baked apples
- ~ Sticky black rice pudding with banana and pistachio
- ~ Pear and apricot clafoutis with a raw cocoa and silken tofu sauce

# Retreat Menu

## Price list

<b>Basic Breakfast</b>	\$15 per person
<b>Basic Breakfast plus hot accompaniment</b>	\$20 per person
<b>Lunch</b>	\$23 per person
<b>Dinner</b>	\$23 per person
<b>Morning, afternoon tea or dessert</b>	\$4 per person

Price includes all day tea, milks (cow, soya, rice) and sugar.

