Retreat Menu

BREAKFAST

Saturday

Acai & Chia Coconut Pudding, Strawberries, Cocoa Crumble Sun-dried Tomato Pesto & olives Sandwiches

Sunday

Apple & Cinnamon Porridge topped with Toasted Seeds, Drizzle Honey Zucchini Casserole with Fresh Herbs

LUNCH

Saturday

Stir-fry Veggie Bowl, Grilled Tofu Skillet Chickpeas with Spinach and Herbs, Fried Rice

Sunday

Black Bean & Guacamole Tacos with Cilantro Lime Sauce

Caramelised Onions & Mushroom Tacos with Chipotle mayo Sauce

DINNER

Friday

Vegan Italian Shared Menu

Pumpkin Aranchini, Aioli

Rocket, Walnut and mandarin Salad with Balsamic Dressing

Garlic Bread

Chef Selection Pizza

Roasted Veggies

Saturday

2 course (Shared Style)

Entree

Quinoa & Beetroot Fritters, with White Almond Gazpacho

Soba Noodle & Crunchy Veggie Salad

Mains

Roast pumpkin and Cauliflower 'steaks' with Puy Lentil, Sauteed Kale,

Chimichurri

Turmeric Polenta Frita, Creamy Carrot Puree, Almond Flakes