

Retreat Menu Plan

Buffet style/self serve

Breakfast

free flow:

green tea or ginger tea

American style coffee

day 1 eggs any way

roast tomato

sautéed mushrooms

corn fritters

fruit platter

juices:

coconut & lime water

papaya & ginger

Lunch

free flow:

cucumber & mint aqua

day 1 salad buffet:

a) cous cous

b) quinoa & avocado

c) Greek

d) tabouli

Dinner

ginger kombucha aperitif

free flow:

lemongrass aqua

day 1 chili con carne

guacamole

green salad

kefir

Dessert extra \$3 USD per head

carrot & ginger cake

chocolate & beetroot cake

almond, orange poppy seed cake

chocolate & kefir cake