



Retreat Menu

Sample Menu's- \$ 22 per person

- Meal 1:** Roasted Tomato Soup with Mint Pesto
Fennel, Potatoes, Cannellini Beans and garlic baked
In mustard, stock and olive Oil
Steamed broccoli, cauliflower and carrot with
Oregano lemon and lemon myrtle macadamia oil
dressing
Rocket, cucumber, sprouts, avocado and capsicum
salad with balsamic dressing
- Meal 2:** Bengali basmati rice with sultanas, peas, turmeric,
cashews and black sesame seeds
Sri Lankan Coconut Dhal
Indian Vegetable Curry
Raita with Cucumber, Mint, and Roasted cumin
seeds
Date and Tamarind chutney
Papadams
- Meal 3:** Tofu Steaks Marinated in Ginger, Garlic, Tamari,
baked in oven with Miso Mustard Sauce
Steamed Veggies with Basil Almond Sauce
Roasted Potatoes with Rosemary and Paprika
Green Garden Salad with orange, mustard,
honey, olive oil dressing.



- Meal 4:** Pumpkin Soup
Spelt Pasta Spirals with Cashew Nut Pesto.
Garden Salad with Greens, Cherry Tomato
Cucumber, avocado and olives with balsamic
dressing.
Roasted Cauliflower and Capsicum
- Meal 5:** Vegetarian Sushi with Wasabi/ Tamari Dipping
Sauce
Asian Green Salad with variety of sprouts
Carrot Salad with coriander, walnuts and
sesame dressing
Miso Soup with soft tofu, beans, parsley and
Wakame Seaweed
- Meal 6:** Vietnamese lemongrass broth with carrot dumplings
and shitake mushrooms
Pad Thai noodles with shredded veggies and
cashew
Tofu and Tempeh stir fry with beans, chickpeas and
Arame Seaweed or
Wombok salad with tempeh
Asian greens salad with orange mustard dressing
- Meal 7:** Mulligatawny Soup -south Indian lentil /coconut soup
Roasted Stuffed Capsicums with Savoury Brown
Rice, chickpeas, peas, currants and herbs
Tahini Sauce
Roasted Beetroot and sweet potatoes
Green Salad with Rocket, brown lentils and herbs.



- Meal 8:** Savoury quinoa with cherry tomatoes , herbs, spices and Slivered almonds
Platter of Roasted Vegetables(pumpkin, sweet potatoe, red onions, whole garlic, beetroot carrots and corn wheels)
Tahini Sauce
Baby Spinach Salad with dates, pecans and goat Feta with middle eastern salad dressing
- Meal 9:** Thai corn fritters
Coriander yogurt Sauce
Pear and Sprouts Salad with Asian dressing
Basmati Rice Salad with herbs and Spices
- Meal 10:** Morrocan green lentil soup with harissa
3 grain veggie croquettes with tomato relish
Green Salad with roasted pumpkin, sprouts, cherry Tomatoes, cucumber, red onion and dressing
- Meal 11:** Spicy Spinach Soup
Savoury Quinoa Salad
Steamed asparagus, beans and carrots with Basil/almond meal sauce
Green Salad and dressing
- Meal 12:** Vedic mung bean dhal
Vedic sweet potatoes with coconut, spices and cashews or Beans with coconut, spices and almonds
Savoury basmati rice
Raita with carrot, dates, cashews and cardamom



Meal 13: Baked Savoury Polenta with zucchini, olives, herbs
Rustic Italian tomato sauce with basil
Roasted Mushrooms, eggplant and capsicum
Salad of Coral lettuce, rocket, avocado, cucumber
and sunflower sprouts with balsamic dressing.

Meal 14: Spicy Moroccan Tomato Stew with fennel, carrot,
Zucchini, chickpeas, olives and harissa
Savoury Quinoa
Salad of lettuce greens with beetroot, asparagus,
snowpeas and sprouts with Moroccan salad dressing
of yogurt, walnut meal, lemon and thyme

Meal 15: Thai green curry with vegetables, tofu, kaffir and
lemongrass
Fragrant jasmine rice sprinkled with pistachios
Asian salad with orange and lemon dressing

***Tamari roasted sunflower seeds and roasted pepitas,
plus gamasio (ground sesame seeds with roasted
crushed nori seaweed and touch of salt) often
accompany meals to sprinkle on top of salads.***

Desserts: gluten free and dairy free as indicated

- Apple Vanilla Custard Cake (gf df)
- Lassi with Rosewater, honey and cardamom (gf)
- Coconut Tahini bisquits (gf df)
- Fruit Salad with seasonal fruits (gf df)
- Mango Ginger Cake (gf df)
- Sour cream Walnut Cake (gf)
- Dairy free chocolate pudding with Raspberry Coulis (gf df)
- Dairy free Apricot Mousse with Coconut cream (gf df)
- Apple and Peach Crumble with Yoghurt or Coconut cream (gf df)
- Chocolate balls made with dates, almond meal, cocoa powder, orange peel, vanilla, honey and dessicated coconut (gf df)
- Baked Cinnamon Apples (gf df)
- Agar fruit Jellies (gf df)
- Lemon Rice Pudding with Raspberries (gf df)
- Wattelappan- Sri Lankan jaggery pudding with Coconut Milk and Spices (gf df)
- Poached Pears with Rosewater, Cinnamon and Ginger served with vanilla yogurt or coconut cream (gf df)



- Mango/ Coconut Sago pudding (gf df)

Basic Breakfast: \$ 16 per person

- Millet porridge or oat porridge cooked with dates and prunes, cinnamon and vanilla
- Seasonal fruit platters or fruit salad
- Organic glutenfree, spelt, kamut breads with condiments- peanut butter or macadamia butter, miso, selection of jams, tahini, butter, dairy free spread and honey
- Savoury platter with sliced tomatoes and avocados
- Cleansing fresh lemon, ginger and lemongrass tea
- Caffeine free and liver cleansing dandelion coffee

Full Buffet Breakfast: \$ 22 per person

Add one of these cooked dishes to the above with the inclusion of: Yogurt and Muesli

- Cooked fruit compote with apples, pears, dried fruits, coconut, and spices, served with yogurt
- Scrambled eggs or boiled eggs
- Savoury scrambled tofu
- Kedgeree- Indian style breakfast of rice, lentils and spices
- Buckwheat pancakes with fruit salad and cashew/orange cream

Fresh juices available at extra charge of \$4 per person



Selection of herbal teas and black tea available all day with organic soya milk, organic cow milk and honey.

Morning tea and afternoon tea available at extra charge of \$4 per person.

This will include one or two dishes of sweet bisquits, bliss balls, nuts and dried fruit, rice crackers and a dip etc.