

Sample Menu
2-Day Retreat or Workshop

Day 1:

Breakfast

Scrambled Eggs with Green Onions
Raw Sprouted Oats, Sunflower Seeds, Almond and Fruit Muesli
Homemade Granola with Yogurt
Artisan Breads and Spreads
Fresh Fruit
House made Chai, Fair Trade Coffee and Tea

Lunch

French Lentil and Vegetable Soup
Heirloom Tomato Mozzarella Tarts
Spinach and Arugula Salad with Red Beets, Caramelized Walnuts and Blue Cheese
Artichokes with Garlic Aioli
Ginger Lemonade Spritzer

Dinner

Lamb Stew Provincial
Creamy Polenta
Braised Kale with Mushrooms
Mixed Green Salad with Tomatoes, Avocados and aged Balsamic Dressing
Flourless Chocolate Cake with Raspberry Sauce

~or~

Simple Breakfast

Oatmeal with Brown Sugar and Cinnamon
Artisan Bread selection with Spreads
Fresh Fruits
Hard Boiled Eggs
House made Chai, Fair Trade Coffee and Tea

Brunch/Lunch

Leek and Butternut Frittata with Peccorino Cheese
Apple Chicken Sausages with Honey Mustard
Fresh baked Blueberry Scones
Kale Salad with Pumpkin Seeds
Selection of Cheeses
Figs stuffed with Goat Cheese
Fresh Fruits

Dinner

Herb crusted fresh Cod Fillet with Red Pepper sauce
Basmati Rice Pilaf
Asparagus and Carrots with Brown Butter
Mixed Green Salad with Lemon dressing
Rustic Apricot Tart with Yogurt Cream

Day 2:

Breakfast

Indian spiced Polenta
Caramelized Onion and Kale Frittata
Fresh made Breads and Spreads
Fresh Fruit
House made Chai, Fair Trade Coffee and Tea

Lunch

Curried Butternut Squash Soup
Cannellini Bean Salad with Sundried Tomatoes
Potato Cakes with Smoked Salmon, Avocado and Horseradish Cream
Arugula and Spinach Salad with Oranges, Slivered Almonds and Pineapple Vinaigrette
Apple Lemonade Spritzer

Dinner

Braised Chicken in Tomato, Bacon, Porcini Mushroom and Zinfandel Wine Sauce
Potatoes and Parsnip Puree
Broccoli Almondine
Mixed Green Salad with Carrots and Balsamic Dressing
Decadent Chocolate Mousse

~or~

Breakfast

Homemade Granola and Yogurt
Artisan Breads and Spreads
Fresh Fruit and Eggs
House made Chai, Coffee and Tea

Lunch

Creamy Chicken and Tomato Soup
French rustic Leek and Gorgonzola Tart
Kale Salad with toasted Sunflower Seeds
Lemonade Spritzer
Cookies

Dinner

Chicken Coconut Curry with Black Forbidden Rice
Cucumber Rita
Raisin Ginger Chutney
Pineapple Coconut Cake