



SUMMER RETREAT MENU

On arrival – selection of teas & cookies

Dinner

Spinach pie with a fresh green salad and rainbow salad
Served with red pepper sambal
Tofu raspberry mouse with vanilla bean ricotta

Breakfast

Summer granola w/ fruit salad and Greek yogurt
Free range eggs and a selection of breads
Jam, honey, vegemite
Tea, rice milk cows milk soy milk
Fruit

Lunch

Miso (Japanese broth) with shitake mushrooms
Asian greens and brown rice
Omelette with dash of oyster sauce

Afternoon tea

Spiced ginger cake or zucchini carrot slice

Dinner

Sweet vegetable curry, dahl, rice
Chinese eggplant and tofu
Grilled stone fruit with vanilla bean ricotta and flaked almonds

Breakfast

As before

Light Lunch

Pumpkin, walnut & fetta tart with green salad and a rice salad

Teas, fruit & biscuits available throughout