

# NOURISHED+NURTURED

## **A Day in the Life of Nourishment for Retreats Summer/Fall 2019**

Note this is an example menu. It is seasonally dependent and adapted. Minimum numbers apply for Retreat Catering and All Food Allergies can be catered for. Please contact us so we can understand your full brief to quote for your next retreat.

### **Breakfast**

Warm Activated Buckwheat Amaranth Porridge w/  
Fresh Fruit Compote + Fresh Warmed Cinnamon  
Cashew Milk + Black Sesame Seeds + Alchemy Cacao Elixir

Breakfast Frittata w/ Green herbs, Tomatoes, Toasted Seeds

Fresh Whole Spelt Focaccia Wedges

Fresh Fruit w/ Toasted Coconut

### **Lunch**

Zingy Tomato, Watermelon, Basil + Chipotle Gazpacho

Zucchini Spirals with Green Leaves a Basil Citrus  
Cashew Emulsion + Toasted Seeds

Buckwheat + Brown Rice Crusted Tarts with Spinach,  
Leek, Tomato set with Agar + Basil Pumpkin Seed Pesto

House Made Red Cabbage + Arame Kraut

### **Afternoon Tea**

Marshmallow Root, Lemon + Lavender Coconut Raw Macaroons  
dipped in fresh Chocolate



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## Dinner

Green Goddess Soup with Nettle Infusion

Soft Lettuces Salad with Cucumber, Olives,  
Sunflower Greens, Toasted Sunflower  
+ Fresh Beetroot Kvass Vinaigrette

Fully Plant Based Coconut Green Curry  
w/ Lemongrass, Kaffir + Root Vegetables  
Turmeric Infused Basmati Rice

Fresh Raw Chocolate Black Sesame Shards

