

Retreat Menus

Add nourishing meals to your retreat for \$50 per person, per day. Each menu includes a dinner prepared by Chef Damien that is ready to heat and serve, plus simple ingredients to make your own breakfast and lunch in your fully-equipped kitchen. Coffee, tea and milk included. For longer stays, we would be glad to discuss extended menu options.

Menu 1

Supper: Steak and ale pie, mixed greens with garden herb dressing, classic butter tart

Breakfast: Fresh quail eggs, bacon, fruit platter, buttermilk scone with fruit preserves

Lunch: Baked mac and cheese with double smoked bacon, cabbage slaw, whole fruit, shortbread cookies

Menu 2

Supper: Traditional lasagna bolognese, caesar salad, strawberry rhubarb crumble

Breakfast: Fresh quail eggs, breakfast sausage, fresh fruit platter, toast with butter and preserves

Lunch: Turkey rice soup, saltines, beet and goat cheese salad, whole fruit, date square

Menu 3 (vegetarian)

Supper: Eggplant parmesan, mixed greens with balsamic vinaigrette, artisanal bread, compound butter, lemon square

Breakfast: Fresh fruit platter, house-made waffles with local maple syrup, yogurt granola parfait

Lunch: Roasted butternut squash soup, citrus and fennel salad, whole fruit, chocolate chip cookie

Menu 4 (vegetarian, gluten-friendly, dairy-free)

Supper: Sweet potato lentil curry, basmati rice, gluten-friendly chocolate brownie

Breakfast: Coconut chia pudding, house-made granola, fresh fruit platter

Lunch: Leek and potato soup, vegetable crudité with herb dip, whole fruit, gluten-friendly date square