



## Weekend Retreat Sample Menu

### Friday

#### Dinner - \$26pp

*miso glazed chicken breast*

*asian-inspired salad w/ ginger orange sesame dressing*

*strawberry rhubarb crisp with coconut whip (gluten & dairy-free)*

### Saturday

#### Breakfast - \$18pp

*fresh green juice*

*coconut yogurt, chia pudding parfait w/ berry compote*

*fruit platter w/ energy balls*

#### Lunch - \$20pp

*veggie rice wraps with cashew dipping sauce*

*triple berry quinoa salad w/ sesame seed dressing*

#### Dinner - \$26pp

*greek-inspired salad*

*chicken / tofu skewers*

*freshly made tzatziki (contains dairy)*

*pita bread - optional*

*lemon tart with coconut whip (gluten & dairy-free)*

### Sunday

#### Breakfast - \$16pp

*smoothie bowls - add your own toppings*

#### Snack - \$12pp

*crudité platter w/ veggies, crackers, dips, etc*