



Soulsong Retreat Menu 2017

Delicious Food Alchemy by Jacqui Bushell and Jane Elworthy

MENU SAMPLES

BREAKFAST – warm, gingered ragi porridge, raw muesli (with seeds, nuts, coconut, sprouted buckwheat, coconut, dried apple), yoghurt or nut cream, frittata (green beans, semidried tomatoes, sheep milk haloumi and handfuls of herbs)

MORNING TEA – fresh fruits, gluten free cakes (carrot and pineapple, banana and orange or lime, poppy seed and polenta) and date balls

LUNCH – Zucchini and haloumi fritters, chicken and lime balls, spiced dhal balls, carrot, arame, sesame and pickled ginger rice ball
Salads: quinoa pilaf with fresh herbs, turmeric, ginger, cashews, carrot. Green salad with mixed leaves, flower petals, avocado, sprouts, roasted pumpkin seeds, tahini herb dressing or basil balsamic vinaigrette. Roast vegies and paprika. Green beans, roasted garlic and almonds. Beetroot, walnuts and watercress

AFTERNOON TEA - tamari spice nibble nuts, crackers, a range of dips (pumpkin coriander hummous, corn salsa and black bean, Spanish smoked paprika and roast capsicum), raw lush bars.

DINNER – Roast pumpkin and lemongrass curry with chickpeas or chicken, carrot, cashew and cumin soup, vego or beef tacos, kebabs and peanut satay, polenta and roast vegie stack, mushroom, thyme and walnut slice with roast tomato and capsicum sauce

DESSERT – Hazelnut pear torte with vanilla nut cream, venus balls, chocolate tart with raspberries, raw tiramisu, lime chilli pannacotta with tangy orange reduction

DRINKS - Herbal tea selection, coffee, tea, roasted dandelion, pots of chai, water mint and lemon

All ingredients are gluten free, dairy and sugar free, high quality free range and fabulous! Vegetarian and non vegetarian options available

tantalising tastes



food harmony



soul nourishing food

