

Winter Retreat Menu

Friday Morning Snack

Banana Spiced Muffins & Assorted Organic Fruit

Friday Lunch

Lentil Vegetable Soup
Chicken Salad w/Cherries
Vegan Tempe Salad
Gluten Free & Whole Wheat Wraps
Mesclun Green Salad w/ Vinaigrette
Organic Tortilla Chips

Friday Afternoon Snack

Gluten Free Raspberry Struessel
Savory Roasted Chickpeas

Saturday Morning Snack

Blueberry Lemon Muffins & Assorted Organic Fruit

Saturday Lunch

Vegan Chili
Assorted Sandwiches & Wraps
Mesclun Green Salad w/ Vinaigrette
Organic Potato Chips

Saturday Afternoon Snack

Gluten Free Chewy Chocolate Brownies
Organic Celery Sticks w/ Sunbutter

Sunday Morning Snack

Winter Fruit Salad w/ Mint & Lime

Sunday Lunch

Potato Lentil Curry Soup
Morrocan Chicken Satay Skewers
Curried Tempe & Chickpeas
Mesclun Green Salad w/ Vinaigrette
Organic Tortilla Chips

Sunday Afternoon Snack

Gluten Free Chocolate Chip Cookies
Roasted Almonds & Assorted Organic Fruit