

SUMMER RETREAT MENU

AUGUST 2017

*For your dining pleasure,
health & alertness!*

Friday Evening

Organic Veggie Platter w/ Roasted Garlic White Bean Dip
Herb Cashew Cheese with Gluten Free Crackers
Cardamom & Earl Grey Truffles

Saturday Morning Snack

Banana bread
Summer Fruit Salad with Lime & Mint

Saturday Lunch

Assortment of Sandwiches & Wraps
Tomato Basil Soup
Kale Salad w/ Cranberries & Pinenuts
Kettle Potato Chips

Saturday Afternoon Snack

Chocolate Chip Cookies
Organic Watermelon

Saturday Dinner

Golden Summer Soup
Thai Peanut Chicken Skewers
Tofu Sesame Skewers
Herb Roasted Potatoes
Organic Mesclun Green Salad w/Tangerine Vinaigrette
Chocolate Coconut Mousse

Sunday Lunch

Summer Minestrone Soup
Herb Tuna Salad
Vegan Chickpea "Chicken" salad
Whole wheat and Gluten free wraps
Organic Mesclun Green Salad w/Tangerine Vinaigrette
Kettle Potato chips
Coconut Chocolate Macarons

Breakfast Served Sat/Sun for Overnight Guests

Organic Fruit
Spinach & Feta Quiche
Blueberry Muffins
Coffee & Tea

*And a wonderful, heartfelt thank you to
the much-needed, loving & efficient food
team working quietly in the background...*

Robin Brophy, Heather Brumwell,
Molly Jarin and Joy Toth