

Breakfast & Brunch Retreat Menu

Breakfast Items

Spelt Crust Quiche: choice of fillings; 1) Smoked Wild salmon & Spinach; 2) Roasted Leeks & Feta; 3) Natural Ham & Emmenthal Cheese. Option: served with roasted red bell pepper sauce

Whole Grain Breakfast Muffins (dairy & egg free) with Earth Balance spread, assorted, 1) Blueberry Ginger; 2) Carrot Walnut; 3) Chocolate Chip Pecan; 4) *some available GF

Spelt flour Scones with organic Butter

Choice of SWEET: 1) blueberry orange zest; 2) raspberry & chocolate nibs; 3) white chocolate walnut
And, SAVORY: 4) blue cheese, lime zest & green onion; 5) caramelized red onion, lemon zest & goat feta; 6) leeks, basil & green peas; 7) natural bacon, dill & white pepper

Bangers & Mash: choice of free-range unmedicated 1) chicken, or 2) turkey sausages, with mashed 3) sweet potatoes OR russets. Served with green peas, and sausage gravy

Scrambled Free-range Egg Wraps, with whole grain and/or GF tortillas.

Choice of any 3 fillings: 1) baked Black Beans; 2) roasted seasonal veggies; 3) steamed kale/chard; 4) natural Sausages, grilled & sliced (choice of chicken or turkey); 5) Mexi-style Brown rice; 6) free-range/organic Chicken Breast, grilled & sliced; 7) free-range/organic Chicken Thigh meat, grilled & sliced

And any 3 toppings: 6) grated aged White Cheddar; 7) Tomatillo Blueberry Salsa; 8) Medium Red Salsa; 9) Chipotle Mayo; 10) Guacamole; 11) grated organic Mozzarella

Garnished with clients choice of chopped Cilantro OR Parsley

Free-range Egg Frittata with sweet or russet potatoes, roasted seasonal veg, herbs & organic mozzarella cheese. Option: served with pesto mayo

Brunch Items

Coconut Curried Chicken Spinach & Broccoli: coconut & green or yellow curry base, yellow onions and leeks, chickpeas, spinach and broccoli. (vegan)

ADD animal protein choose ONE: 1) free-range/organic chicken breast; 2) free-range/organic chicken thigh meat.

Choice of side: 5) white Jasmine Rice; 6) Roasted Root Vegetables; or 7) Baked Seasonal Squash, subject to market availability; or 8) Roasted Sweet Potatoes, Yams & Leeks; 9) Cauliflower Rice (paleo)

Tomato Sauce w/Meatballs: organic tomato herb sauce, caramelized onions, with golf-ball size meat balls. Choose ONE protein: 1) ground bison, 2) organic ground beef; or 3) free-range ground turkey.

Comes with: steamed kale/chard AND clients choice of sides, below:

Choose any one Starch Side: 4) Lundberg Brown Basmati; 5) Lundberg Wildrice blend; 6) Roasted Root Vegetables; or 7) Baked Seasonal Squash *subject to market availability; or 8) Roasted Sweet Potatoes, Yams & Leeks; 9) Cauliflower Rice (paleo)

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Butter Chicken well simmered, medium spiced, loaded with Indian spices and clients choice of 1) free-range chicken breast OR 2) thigh meat in 4) dairy-free cashew butter, OR 5) organic dairy milk & tomato sauce. Choose any Starch Side: 6) Roasted Root Vegetables; or 7) Baked Squash *subject to market availability; or 8) Roasted Sweet Potatoes, Yams & Leeks; 9) Cauliflower Rice (paleo)

Almond-breaded Strips: choose 1) Halibut; 2) Salmon; or 3) Chicken Breast
Comes with choice of ONE side Green veg: 4) Roasted Broccoli & Cauliflower; 5) Steamed Green Beans; or 6) Steamed Chard/Kale.

Choose any ONE Starch Side: 7) Lundberg Brown Basmati; 8) Lundberg Wildrice blend; 9) Roasted Root Vegetables; or 10) Baked Squash *subject to market availability; or 11) Roasted Sweet Potatoes, Yams & Leeks; 12) Cauliflower Rice (paleo)

Asian Ginger & Orange Saute zucchini, snap peas, sweet bell peppers, broccoli and Asian greens in orange ginger sauce Protein: 1) FR Chicken Breast OR 2) Thigh; 3) Free-range Beef; 4) Heritage Pork; OR 5) Prawns; 6) Organic Firm Tofu; 7) Organic Tempeh.

Choose any ONE Starch Side: 8) Baked Seasonal Squash *subject to market availability; or 9) Roasted Sweet Potatoes, Yams & Leeks; 10) Kelp Noodles; 11) Cauliflower Rice; or 12) Buckwheat Soba noodles; 13) Lundberg Brown Basmati; 14) Lundberg White Basmati; 15) Brown Rice Noodles

Shepherds Pie w/sweet peas & carrots, onions and garlic, and herbs, topped mashed sweet potatoes & cauliflower, gravy on the side. Meat: choose ONE: 1) organic gr. beef, or 2) gr. bison; or 3) ground lamb

Mussamen Curry sweet potatoes & snap peas in medium red curry coconut sauce, with choice of cubed Meat: 1) Free-range Beef; OR 2) Lamb; OR 3) Bison. And, choice of ONE Side Starch: 4) Lundberg Brown Basmati; 5) Lundberg Wildrice blend; 6) Wild Rice blend; or 7) Long Grain Wild Rice; or; 8) Coconut-flour Paleo Muffins; OR 9) Cauliflower Rice (paleo); 10)

Tomato White Bean & Onion Ragout with choice of protein: 1) FR/org. Beef; 2) Natural Bison; or 3) Natural Lamb. Choice of Paleo Side: 4) Cauliflower Rice; 5) Baked Seasonal Squash *subject to market availability; 6) Roasted Broccoli & Cauliflower; 7) Coconut Flour Muffins; 8) Roasted Root Vegetables

Organic Chicken Pot Pie, loaded w/carrots, onions, sweet peas and celery, with 1) dairy-free cashew butter OR 2) organic dairy-based sauce, and choice of crust: 3) spelt; 4) GF brown rice; 5) coconut flour crust (crust on top only) Meat: 6) FR Chicken Breast OR 7) FR Chicken Thigh meat

Lasagna with choice of pasta: 1) organic wheat; 2) spinach wheat pasta; 3) organic kamut; 4) roasted zucchini pasta: layers of roasted seasonal veggies, choice of meat 5) organic ground beef; 6) unmedicated ground turkey, or 7) ground bison. With organic tomato sauce, roasted bell peppers & squash, with choice of topped with 8) organic dairy mozza; 9) goat mozza; or 10) cashew butter sauce

Starter Soups, Hearty Stews & Chowders

Beef Vegetable Stew, with free-range beef, stewed tomatoes, celery, yams

Chicken & Wild Rice Stew, leeks, celery, free-range chicken thigh meat in hearty herb broth

Manhattan Wild Salmon Chowder: roasted sweet bell peppers, zucchini in tomato herb broth, loaded with chunks of wild salmon

New England Clam Chowder w/cashew butter base, with or w/o organic/nitrate free bacon

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Starter Soups, Hearty Stews & Chowders
Mussamen Red Coconut Curry Beef stew, chunky, with sweet potatoes and snap peas
Coconut Curried Chicken, Spinach & Broccoli: choose 1) chicken thigh or 2) breast meat
1) Beef OR 2) Bison Stew: traditional broth loaded w/sweet pots, yams, celery, zucchini & onions.
Cajun Sweet Potato Corn Chowder, loaded w/natural chicken OR lamb sausage, choice of 1) organic dairy, or 2) cashew butter creme base
Ginger 1) Beef OR 2) Bison Stew, w/onions, yams, celery, ground FR beef OR bison, toms
Vegetable Barley Soup, with mushrooms, barley stewed tomatoes, celery, carrots
Chicken Noodle, choose traditional Italian, or Asian style w/ginger and Asian veggies
Potato Leek & Chickpea Soup tender red potatoes and leeks; ask for organic chicken thighs
Manhattan Wild Salmon Chowder: roasted bell peppers, zucchini in a tomato herb broth
New England Clam Chowder with 1) dairy or 2) cashew butter base, with or w/o natural bacon
Mussamen Sweet Potato, Chickpea & Sugar Pea Coconut Curry stew, mild: ask for organic beef, or natural bison
Minestrone Italian many bean soup with 1) orzo OR wild rice. Loaded with garlic, herbs, lots of veggies: ask for half batch with meat: 2) FR Chicken, thigh or breast; 3) FR Beef; 4) Bison; 5) local organic Heritage Pork Loin
Borcht w/green peas, ask for half batch with 1) org. chicken thigh meat, OR 2) natural lamb sausage
Curried Split Red Lentil Dahl tender red lentils, red curry, stewed tomatoes, chard. Ask for half batch with 1) organic chicken thigh OR breast
Coconut Curried Lentil Dahl with coconut milk, green curry, celery & sweet potatoes. Ask for half batch with 1) organic chicken thigh OR breast
Coconut Curried Chickpea, Spinach & Broccoli choice of yellow or green curry
Kichadi: Ayurvedic mung bean & brown basmati rice stew, seasonal veggies, greens and Indian spices. *one of Chef Laura's favs....
Veggie Mushroom Stew: traditional broth loaded with mixed mushrooms, sweet potatoes, carrots, green peas & onions. Ask for half batch with meat: 2) FR Chicken, thigh OR breast; 3) FR Beef; 4) natural Bison; 5) local organic Heritage Pork Loin ~ if available
Cajun Potato Corn Chowder loaded with corn, red potatoes, stewed tomatoes and celery, *ask for this with natural chicken OR lamb sausage
Split Pea Chowder w/onions, carrots, sweet potato, *ask for this with 1) nitrate free ham, OR 2) natural lamb, OR 3) smoked wild salmon

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Starter Soups, Hearty Stews & Chowders

Ginger Black Bean Chili, with onions, yams, celery, tomato-based. Half batch available with ground free-range beef OR bison

Pinto Bean Chili with stewed tomatoes, onions, celery, sweet potato. Half batch available with free-range beef or bison cubes

Side Veggies

Org Brussel Sprouts, roasted in sage butter & kaffir lime, garnished with roasted red bell pepper

Organic Carrots with nutmeg and lime-infused organic butter

Green Peas with White Onions in light herb sauce, vegan

S'mashed Red Potatoes, OR Mashed Russet Potatoes, with organic butter

Herb & Garlic Roasted Green Beans & Red Bell Peppers, vegan

BBQ Baby *Beets w/*Tarragon and *Lime *Aioli, vegetarian

Salads

Green Queen Salad, organic/local greens, seasonal veggies, edible flowers (rose petals, lavender) and herbs, (mint, lemon balm, green onions), and local blueberries, with Little Creek organic dressing

Greek Salad w/Goat Feta, cold-pressed olive oil, sea salt & white pepper dressing

Quinoa Tabbouleh with Lemon Mint & Olive Oil dressing, fresh on-the-vine/organic tomatoes, cucumber

Many Jewel Salad (cukes, sweet bell peppers, avocado, sprouts) with 1) Five Spice & Lime Dressing, or 2) Moroccan Spice & Lemon dressing

Green Bean & Summer Apple Salad with Honey Tarragon dressing

Winter Red Cabbage, Apple & Carrot Slaw with Blaisin & Walnuts, organic mayonnaise dressing

Warm Spinach Salad with Red Onion, natural Bacon bits & dried Cranberries, Balsamic dressing

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Desserts

Pumpkin Pie with Spelt Crust, served with organic Whip Cream, also available GF

Spelt Crust Apple OR Pear Pie, also available GF
Served w/1) Vanilla dairy ice cream, or 2) Dairy free Coconut Ice Cream

Organic Persian Tapioca with organic egg meringue, garnished with edible flowers

Creme Brûlée: choice of 1) vanilla bean; 2) chocolate with chili sauce; 3) rosemary-infused

Cardomom Pumpkin Seed Butter Cookies, w/organic 2% cows milk, or DF almond or soy milk

Chocolate Chip Cookies, ask for this with organic 2% cows milk, or DF almond or soy milk

Chocolate Truffles with Goji Berry Sauce, served on single portion ceramic spoons

Beverages

B.C. Cucumber & Lemonbalm-infused Ice Water

*Raspberry Hibiscus & *Mint-infused Ice water

Blueberry Ginger Fizz punch,
*w/fruit juice ice cubes, local fruit and edible flowers

San Pellegrino with a twist of citrus

Fair Trade Medium Regular Coffee with organic 2% milk, and 10% cream, turbinado sugar

Fair Trade Medium DECAF Coffee with organic 2% milk, and 10% cream, turbinado sugar

Assorted Herbal Teas with Honey

Any questions, give Chef Laura a call or text: 250.514.1544



Good For You
Gourmet

We take the work out of eating well.