

Moonrise Retreat Menu

Welcome Platter on Arrival (first day)

Always Available:

Assorted fresh fruit, dried fruit & nut mix, spicy bhujia mix, bliss balls
organic teas & home harvested honey
house made nut milks include: macadamia, almond, coconut
local organic dairy milk

Breakfast:

every morning

- baked fruit, paleo macadamia and coconut granola, yoghurt, warm berry chia oat porridge,
- toasted sourdough including GF, avocado, house made baked beans, baked tomato with crunchy kale & eggs
- GF muffins of the day

Lunch:

- Middle eastern herb falafel bowl, with roast turmeric cauliflower, beetroot hummus, quinoa tabbouleh with tahini yoghurt dressing
- sweet potato & blackbean nacho bowls with gf corn chips, avo, spiced yoghurt and sweet corn salsa
- quinoa roast vegetable salad bowl with avo dressing
- fresh fruit platter

Dinner:

- Vegetable & chickpea tagine served with persian red rice & rocket salad
- zucchini stuffed with fresh herb ricotta cooked in sweet spiced tomato sauce served with warm green salad topped with toasted seeds and a garlic and lemon dressing
- tagliatelle with mushroom stroganoff topped with baked baby carrots served with fresh herbs and beetroot and goats cheese salad

Deserts:

- Spiced Carrot and walnut cake cashew cream frosting
- Choc fudge flourless cake with Berry compote and Icecream
- Almond, lemon, ricotta & pistachio flan