

NOV 22-24 ~ SILENT RETREAT ~ MENU

Arrival Snack: Buddha balls & tea

Friday Dinner (6:00 pm)

- **To start:** Fasolada (Greek soup – house special!)
- salmon
- barley pilaf with squash and spinach (2 ladies need Quinoa)
- Mixed Green Salad with feta, apples, pumpkin seeds – white balsamic garlic dressing

Dessert: rice pudding

Saturday Breakfast (8:00 am)

- Mango Oat Bake
 - topped with Plain or Vanilla or Coconut Yogurt
 - plus hemp, flax & chia
- Toast & Bagels
 - with jams, nut spreads
- Whole fruit (apples, oranges, bananas)

Saturday Lunch (noon)

- **To start:** Carrot ginger soup
 - topped with roasted walnuts
 - served with toasted flatbread
- Mac N Cheese
- Avocado Salad
- 3 Bean Salad
- Veggies + hummus

Saturday Dinner (6:30 pm)

- Coconut Cauliflower Red Thai Curry (mild)
 - with Basmati Rice
- Turkey Shepherds Pie
- Warm Corn Salad
- Spinach Salad with sprouts toasted almonds, and cranberries
 - *with curry honey mustard dressing*

Desert: Vegan Banana Oat Bars with piece of chocolate & whipped cream

Sunday Breakfast (8 am)

- Yogurt bowl topped with Granola & mixed berries
 - Plain or Vanilla or Coconut Yogurt
- Warm Breakfast muffins
- Toast & Bagels
 - with honey, jams, nut spreads
- Whole fruit (apples, oranges, bananas)

Sunday Closing Brunch (noon)

- Roasted Breakfast Potatoes
- Frittata
- Platter of pickles, olives, cheeses, crackers, meats
- Watermelon Cucumber Feta Mint Salad
- Hummus & veggies