



### 7 Day Retreat Menu - October 2017

	Breakfast	Lunch	Dinner	Dessert	Evening Drink
<b>Saturday (Team Only)</b>	-	-	Chilli Non-Carne with Brown Rice	-	-
<b>Sunday (Day 1)</b>	Mango & Banana Pancakes with Nutella & Fresh Fruit & Berries	Tuscan Bean Soup with Buckwheat Pasta	Baked Sweet Potato with Chickpea Chilli & Simple Green Salad	Avocado Chocolate Mousse	Chai Latte
<b>Monday (Day 2)</b>	Apple & Cinnamon Porridge Bake with seeds & banana	Turmeric & Lentil Soup	Sheppard's Pie with Maple Roasted Vegetables & Spinach	Apple & Pear Crumble	Hot Chocolate
<b>Tuesday (Day 3)</b>	Berry Chia Pots with Fruit Salad & Granola	Rice, Cumin & Tomato Soup served with Homemade Superfoods Bread	Bean & Oat Burgers served with hand-cut fries, Slaw & Salad	Rocky Road Chocolate Sundae with Chocolate Ice-Cream & Sauce	Turmeric Latte
<b>Wednesday (Day 4)</b>	Raw Buckwheat Porridge with Fruit Salad & Granola	Roasted Red Pepper, Tomato & Basil Soup served with Homemade Superfoods Bread	Cauliflower Crust Pizza served with hand-cut Chips and Salad	Raw Chocolate Brownies	Golden Milk
<b>Thursday (Day 5)</b>	Mango & Banana Pancakes with Nutella & Fresh Fruit & Berries	Creamy Sweet Potato & Coconut Soup	Chickpea & Mushroom Balls served with Mango & Pistachio Quinoa, Hummus & Salad	Almond & Cacao Energy Balls	Yogi Tea
<b>Friday (Day 6)</b>	Visit to the Market	Chilli & Ginger Pho	Tomato & Aubergine Bake served on a bed on Spinach & Rocket with Sesame Roasted Cauliflower	Raw Berry Cheesecake	Warm Beet Juice
<b>Saturday (Day 7)</b>	Overnight Strawberry Oats	Carrot & Coriander Soup	Tomato & Smoked Paprika Sauce served Vegetables & Buckwheat Pasta	Chocolate Orange Tart	Chai Latte
<b>Sunday (Team Only)</b>	Fresh Fruit Salad, Granola & Pancakes	-	-	-	-