

SOLAR SPRINGS RETREAT POP-UP

SAMPLE MENU

BREAKFAST –changes daily

Fresh Juice of the Day & Fruit Platter

Granola/ Porridge/ Pancakes/Savoury muffins

Eggs/ Grilled tomatoes/ Avocado/ Sautéed mushrooms

LUNCH –one hot dish daily with 2 salads

Mexican bean casserole/ Red lentil dahl/ Chickpea fritters/

Eggplant with miso/ Vegetable frittata/ Tofu stir-fry/ Thai green bean curry

Greek salad/ Baby beetroot/ Red cabbage/ Quinoa with radish/ Orange & walnut
mixed leaf/ Watermelon with spinach

DINNER -3 course set

Entrée

Pumpkin, lime & coconut soup/ Goat's cheese salad/ Raw cauliflower salad/
White miso soup/ Moroccan carrot salad

Main

Mushroom risotto/ Grilled barramundi with leafy greens/ Char-grilled chicken with
cauliflower puree/ Grilled salmon with asparagus/ Beef with roasted vegetables

Dessert

Rhubarb & apple crumble/ Mango cheesecake with macadamia cacao base/
Passionfruit panna cotta/ Cinnamon, blueberry & banana ice-cream/
Tofu orange jaffa mousse