

# Solar Springs Retreat

## FOOD MENU

### DAILY BREAKFAST

#### INCLUDES A VARIETY OF THE FOLLOWING -

Juice of the day, Fruit Salad, Wholemeal Toast, Grilled Tomatoes, Mushrooms, Eggs, Pancakes, Selection of Teas, Percolator Coffee

### LUNCH MENU | SERVED FROM 12.30 - 2PM

MONDAY	Mexican Bean Casserole with Sour Cream & Cheese Couscous, Tomato, Pine Nut & Spinach Salad Roast Vegetable Salad
TUESDAY	Lemon & Artichoke Risotto Rocket, Walnuts, Celery, Pear Salad Red Cabbage & Apple Salad
WEDNESDAY	Grilled Chickpea & Pumpkin Burger Quinoa, Currants, Almonds Salad Baby Beetroot, Dill & Orange Salad
THURSDAY	Vegetable Dahl with Jasmine Rice Watermelon, Tomato, Pumpkin Seeds Cabbage, Mint & Cashew Salad, Green Leaves
FRIDAY	Sweet Potato & Grilled Vegetable Frittata Roasted Mushrooms, Zaatar, Semi Dried Tomato & Rocket Salad Greek Salad, Green Leaves
SATURDAY	Tofu, Ginger & Vegetable Stir Fry Brown Rice, Pumpkin, Seeds Salad Chickpea Salad, Green Leaves
SUNDAY	Eggplant & Pumpkin Thai Curry Chinese Cabbage, Mint & Peanut Salad Spinach & Sweet Potato Salad, Green Leaves



Food menu is subject to change.

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DINNER MENU   SERVED AT 6.30PM		
MONDAY	Entrée	Carrot & Coriander OR Salad-weather dependant
	Main	Grilled Barramundi Fillet, Bok Choy, Black Rice, Pickled Red Onions
	Dessert	Chocolate Torte, Berry Gel, Cream
TUESDAY	Entrée	Entrée Smoked Salmon with Grilled Corn Salsa
	Main	Chargrilled Chicken, Wilted Spinach, Chermoula, Sweet Potato
	Dessert	Crepe Caramel
WEDNESDAY	Entrée	Crab Salad with honey ponzu dressing
	Main	Main Grilled Salmon, Cauliflower Puree, Gremolata, Caperberries, Kale
	Dessert	Boiled Orange Cake, Dry Chocolate Mousse
THURSDAY	Entrée	Sweet Potato & Ginger Soup
	Main	Lamb Rump, Apple, Pumpkin puree, Roasted Root Vegetables, Jus
	Dessert	Vanilla & Cinnamon Baked Ricotta with Berries
FRIDAY	Entrée	Goat's Cheese Salad with Avocado, Tomato and Walnuts
	Main	Grilled Barramundi, Peas, Almond, Capers, Carrot
	Dessert	Coconut, Chia Seeds Pudding
SATURDAY	Entrée	Pumpkin, Lime & Coconut Soup
	Main	Char-grilled Chicken, Mushroom Ketchup, Roast Potato, Jus
	Dessert	Chocolate Pot
SUNDAY	Entrée	Vietnamese Rice Noodle Salad with Chilli
	Main	Braised Beef, Asparagus, Carrot Puree
	Dessert	Sticky Date Pudding with Butterscotch Sauce & Cream



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