**Sample Retreat Menu**

Breakfast

Porridge (different each day)

Raw granola

Ginger tea or smoothie depending on weather

Fresh fruit salad or compote depending on weather

Coconut yoghurt or fresh almond milk

Local sour dough and gluten free breads

Home made spreads

Tomato and avocado if in season

Macadamia butter

Lunch

Thai inspired zucchini noodle salad

Baked tempeh

Steamed veg and coriander sauce

Roast beet and pumpkin salad

Green salad

Dinner

Nut roast with red capsicum sauce

Steamed vegetables sprinkled with millet

Mashed sweet potato

Green salad

Raw avocado and chocolate cake