

## **Yoga Retreat Menu**

### **Breakfast**

potato and herb fritatta, multigrain toast, seasonal fruit

### **Lunch**

grilled chicken breast, ancient grains tabbouleh, lemon vinaigrette, warm flatbread

### **Dinner**

#### **Appetizer**

garden salad, seasonal vegetables, toasted nuts and seeds, balsamic dressing

#### **Entrees**

wild mushroom and ricotta cannelloni, seasonal vegetables, tomato and herb ragout,  
Fresh parmesan

Or

pan roasted Kuterra salmon, smoked dupuy lentils, seasonal vegetables,  
roast bell pepper puree, fennel salad

#### **Dessert**

lemon sorbet, toasted almond and oat crunch, torn mint

### **Breakfast**

soft boiled eggs, multigrain toast, fruit and yogurt smoothie

### **Lunch**

grilled vegetable salad rolls, toasted peanut sauce,

spinach and orange salad, spicy tahini dressing

Breakfast - \$12/person plus tax and a 15% service gratuity

Lunch - \$17/person plus tax and a 15% service gratuity

2 Course Dinner - \$42/person plus tax and a 15% service gratuity

3 Course Dinner - \$49/person plus tax and a 15% service gratuity