



Sample Menu – Summer 2017

Main Meal (*Organic, home-made, low salt, low sugar, ayurvedically combined; no “processed” foods*)

- Baramundi (sea bass) with Fresh Herb and Barberry Stuffing
Saffron Rice with Chickpeas and Pistachio, Grilled Corn
- Salad Platter: Lobster, Roasted Brussels Sprouts, Artichoke Hearts, Butter Lettuce with Lemon-tarragon Dressing
Rosemary Focaccia
- Lamb Meatballs with Quinoa Tabbouleh
Fire Roasted Baba Ganoush
- Southwest Amaranth-Bison Loaf
Roasted Sumac-Kabocha Chips, Puréed Parsnips
- Spinach Salad with Quinoa and Lemon-sumac Roasted Turkey Breast
Roasted Sweet Potato Wedges
- Miso Glazed Cod with steamed Bok Choy
Cucumber Salad with Ginger Tahini Dressing, Sushi Rice with Sesame Seeds and Julienned Carrots
- Tarragon-Lime Trout (or Shrimp or Arctic Char) with Pomegranate Walnut Sauce
Coconut Brown Rice with Peas and Cilantro
- Spanish Chicken (or shrimp or navy bean) in a Tomato Broth with Turmeric and Fenugreek)
Paprika Potatoes and Cauliflower
- Petits Farcis de Provence (round squash stuffed with pork or goat cheese for vegetarian)
Quinoa pilaf with sultanas and hazelnuts
- Lemon-Leek Risotto (add Seared Sea Scallops for non-vegetarian) and Steamed Swiss Chard
- Mediterranean Cannellini Bean Sauté with Artichoke Hearts (*for non-vegetarian add shrimp or chicken*)
Chipacitos (GF cheese bread made with cassava flour and goat cheese)
- Creamy Polenta
Radicchio, Endive Salad with Cranberries, Goat Cheese, Toasted Walnuts and Balsamic Dressing

Lighter Meals

(Vegan soups served with salad + choice of gluten-free home-made rosemary bread, lemon-thyme scones, seed crisps or corn bread)

- Leek-potato soup (chilled or warm) with asparagus
- Pureed avocado soup with lime (chilled or warm)
- Pureed Carrot Soup with Lime, Ginger and Turmeric (chilled or warm)
- Lemony Green Vegetable Soup (Chard, Broccoli, lime, cilantro, thyme)
- Miso broth with French Lentils, Shiitake and Carrots
- Creamy Corn Soup
- Borscht Lentil Soup

Sweets

(Low sugar, gluten-free snack options)

- Lemon Mousse
- Rosewater Pudding
- Ricotta Cheesecake
- Gingerbread cake
- Pumpkin Seed, coconut balls
- Carrot cake
- Coconut macaroons
- Pear Marzipan Tart