

LunaGaia Ocean Retreat 2010 Menu
Created and provided by Cesily Stewart

Thurs. Dinner: Carrot soup with fennel pesto, whole grain bread, butter or ghee, green salad

Dessert: Pear ginger tart w/ coconut ice cream

Fri. Breakfast: House-made granola, apricot cranberry walnut muffins, choice of fruit, yogurt, milk, tea (sweeteners will be available including agave)

Lunch: Curried cauliflower and chickpeas, chapati, jasmine rice

Dessert: Cowboy Trailmix cookies

Dinner: Quinoa bowls with selection of veggies and toppings including, black and red beans, sprouts, shredded beets and carrots, toasted seeds, (including pumpkin, sunflower, sesame) steamed sweet potato, broccoli, kale side of goat cheese, with choice of sauce, either tahini, thai peanut or creamy goddess (these sauces will double as salad dressing choices, with the addition of vinegar and oil)

Sat. Breakfast: House-made granola, Steel cut oats (w/ dried fruit and nuts,) choice of fruit, yogurt, milk, tea

Lunch: Pita sandwiches, w/ hummus, assortment of veggies, feta, olives, tzadziki sauce, Salad

Dessert: Raw pecan torte w/ chocolate ganache (served with fruit)

Dinner: Zucchini Linguini (raw marinated pasta dish) w/ basil pesto, side of parmesan, Salad

Sun. Brunch: Tempeh scramble, roasted roots w/ kale and barley oat pancakes, w/ agave maple syrup and fruit, granola as option, tea