



SPRING RETREAT MENU

Thursday Dinner

Pumpkin Eggplant Green Curry Bar

Young coconut, ginger, cilantro, green bell peppers, local herbs & kaffir lime leaves served over lemon quinoa

Friday Dinner

Build Your Own Buddha Bowl

Quinoa layered with hummus, sautéed eggplant, rainbow bell peppers, potatoes, carrot & broccoli. Topped with hempseeds & a pistachio pesto

Saturday Dinner

Green Valley Bowl

Grilled root vegetables, creamy coconut lentils, English peas & a turmeric cashew crema

