

Wild Womans Retreat

March 12-14

M E N U

DAY ONE

*Welcome snacks : Assortment of dips / toast - veggie platter**

Baked goat cheese with citrus & mint + roasted carrot hummus + vegan red bell pepper cashew dip

Dinner: Mediterranean Quinoa Grain bowl with lemon vinagrette + Falafels + Lentil soup

DAY TWO

Continental breakfast bar: Scrambled eggs + herbed potatoes + Toast + Fruit

Lunch : GF Ramen noodle salad + spring rolls w/peanut dipping sauce

Dinner : Vegetable curry + Thai coconut soup

DAY THREE

Breakfast: Black Bean Veggie burrito scramble + Fruit

Snacks: Sweet potato wedges with honey mustard aoli + Broccoli cheddar tots