

*Aloha,*

Thank you for your interest in our services. We cook with love, creativity and care using fresh organic ingredients.

*breakfast*

Is a wholesome buffet where we serve muffins, scones and other delights, organic fruit salad of seasonal fruit, variety of breads for toasting, granola, yogurt, cheese, oatmeal, jams and nut butters, coffee and tea. In addition you choose one of the following items daily: pancakes, french toast, quiche, frittatas, scrambled eggs...

*lunch*

Is a delicious soup and salad bar with two prepared salads and an abundance of fresh organic veggies, sprouts, avocados, nuts and seeds, breads and cheese.

*soups*

to choose from:

Italian lentil, asparagus, curried yam, corn chowder, carrot ginger, tomato basil with artichoke hearts, Brazilian black bean, veggie dahl, white bean minestrone, chicken noodle, potato leek, pumpkin herb, cream of wild mushrooms, Thai shrimp and veggie, chili tortilla soup, gazpacho, veggie and barley and many more...

*salads*

to expect to taste:

Greek, green power, pesto pasta, caprese, coleslaw, quinoa surprise, Thai coconut chicken or tofu, beets and greens, pumpkin herb, sweet potato curry, jungle noodles, seaweed, potato, marinated veggies, waldorf chicken, curry tofu or chicken, and many more.

*dinner*

Brazilian seafood pot  
jasmine rice  
green salad

Thai coconut chicken  
quinoa pilaf  
steamed veggies  
green papaya salad

tagine of Moroccan veggie stew  
with chicken or tofu  
polenta cakes  
power green salad

chicken or veggie enchiladas  
guacamole  
salsa bar with chips  
rice and beans

chicken stroganoff  
noodles  
spinach salad

ono in lemon butter caper  
mashed potatoes  
steamed veggies  
green salad

seared ahi in herbs  
with shitake sauce  
sugar snap peas sate  
brown rice green salad

spinach feta pie  
hummus tabouli  
chicken and veggies kabobs  
greek salad

lemon herb roasted chicken  
scalloped potatoes  
mediterranean veggie salad

mahi mahi w/tropical salsa  
quinoa pilaf  
butternut squash

chicken sates w/pnut sauce  
steamed veggies  
green salad

veggie pate wraps  
tomato basil soup  
green salad

lentil loaf  
medley veggies  
mock chicken tofu

salmon in honey orange glaze  
sauted greens  
caesar salad

stir fry veggies w/shrimp  
rice noodles  
Asian cabbage salad

matak panir  
dahl and saffron rice  
flatbread, raita, chutney

*dessert choice*

(with dinner only)

chocolate cake, baklava, cheesecake, brownies, cookies, pina coloda cake, lilikoi mousse, fried bananas with cinnamon and cream, raw fruit pie, berry cashew cream, apple berry crispy cobbler, tapioca coconut pudding, carrot cake, pudding de leite, tiramisu

*price*

\$65.00 a day per person plus tax. A deposit of \$ 1,000.00 is requested by booking time. 50% balance due 60 days prior to retreat and final payment is due 15 days prior to arrival. Wine service \$10.00 a person. Lunch and dinner served with herbal ice tea. Dietary needs available for extra charge. Packed picnic lunches available. Gratuity is not included but is always appreciated.

Please let me know how the menus fit your needs. I am very flexible and willing to work with you.

Aloha,

*consuelo bronick*

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