

100% ORGANIC VEGAN
SAMPLE RETREAT MENU

organic *passion*
Where love & food meet.....

WE ARE A PASSIONATE, 100% ORGANIC VEGAN CATERING COMPANY

We provide assorted teas/dandelion/coffee and have a fruit bowl available at all times for the guests.

We specialize in Gluten free, dairy free, sugar free, vegan food and also raw foods where requested. We also cater for most special dietary needs.

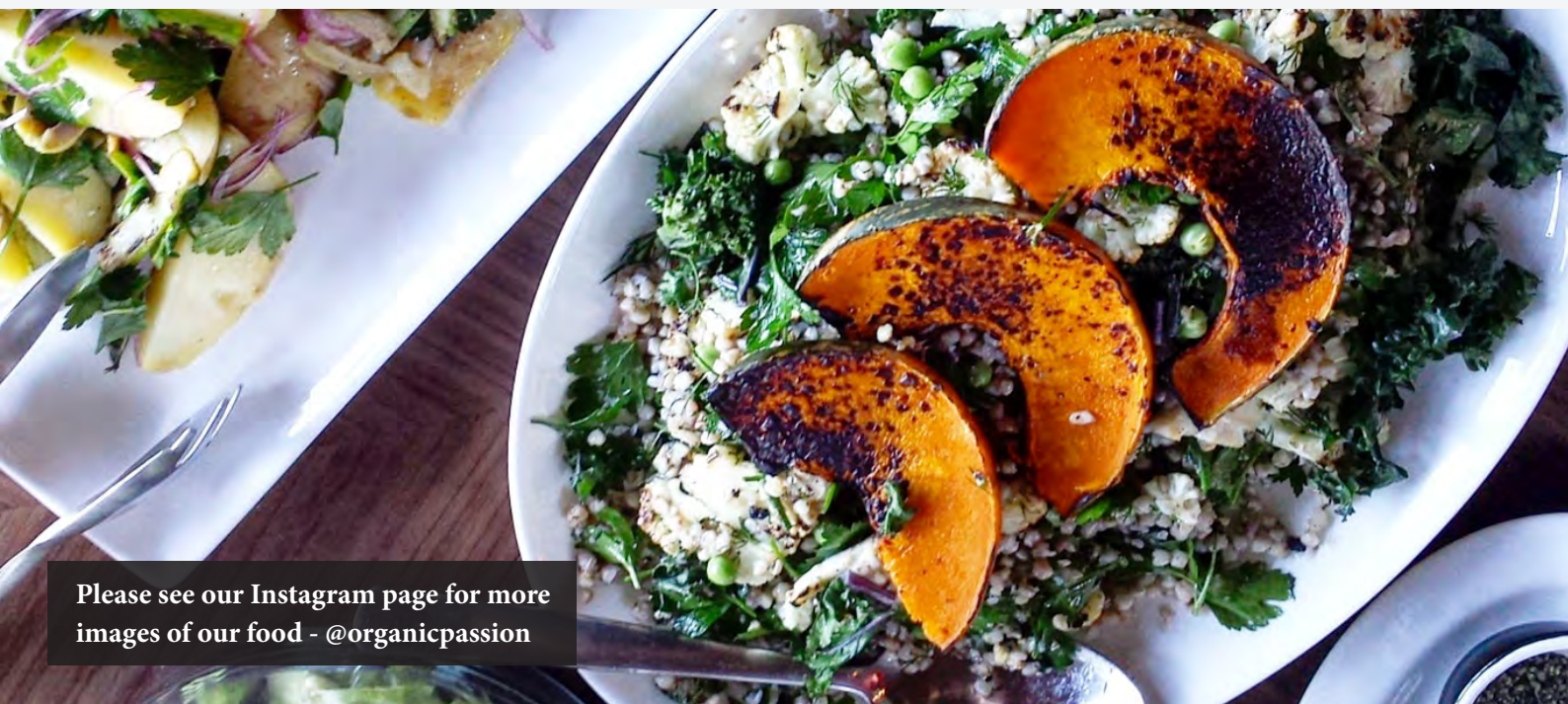
We use raw cold pressed agave syrup, coconut sugar, and maple syrup as our main sweeteners for desserts.

We follow seasonal, organic principles and may need to alter menu's due to seasonal availability.

*Our minimum numbers are 16 (unless otherwise discussed)

These are our most popular dishes over the years but we are totally happy for you to alter or interchange the menus or make suggestions!

This document will give you a good place to start.



DAY 1

Dinner – Welcome Dinner

Indonesian Gado Gado (peanut satay sauce) with pan-fried tempeh & Asian vegetables served with brown rice, fresh coriander & toasted sesame seeds

Green leafy salad topped with cherry tomato, cucumber, sunflower sprouts & celery served with a soy, lime & sesame dressing

Sticky black rice pudding with coconut custard topped with papaya & toasted coconut flakes

DAY 2

Breakfast

This is our standard breakfast – see below for other breakfast suggestions.

Sour dough breads plus gluten free bread/s with assorted spreads (our homemade 'vegan-mite', natural peanut butter, & organic jam.
Avocado wedges & fresh tomato slices

Our signature toasted oat muesli & activated gluten free muesli with a seasonal fresh fruit platter - all served with soy, oat, almond, and/or coconut (on the side) & coconut yoghurt

Assorted herbal teas, English breakfast, plunger coffee & dandelion tea

Extra options with additional cost to our standard breakfast or they can be simply switch-out options to our standard breakfast

Quinoa, oat or rice porridge with stewed seasonal fruits & spices

Vegetable Juice - Any juice combination of carrot, kale, celery, beetroot, lemon/lime, apple, cucumber & ginger or leave it to us – we can mix it up and even change combinations daily.

Seasonal fruit-based smoothies with added super-foods

Breakfast fruit salad chia

And see our full breakfast menu below for more including cooked breakfast options.



Lunch

Broccoli, lemon & parsley soup

Pasta Salad loaded with roast sweet potato, olives, pan-fried kale & herb pesto

Green Leafy Salad topped with cucumber, tomato's, sunflower sprouts & purple onion served with a lemon & mint dressing

Dinner

Baked Polenta slice topped with roast vegetables & basil macadamia pesto

Zucchini carpaccio with lemon & parsley & toasted pinenuts

Green Leafy Salad with beetroot, sunflower sprouts, cucumber with whole-grain mustard vinaigrette

OR dinners can be served with a bowl of steamed broccoli and/OR steamed greens with thyme & lemon dressing

Panna Cotta topped with mango or peaches or nectarines (or seasonal fruits)

DAY 3

Lunch

Carrot & ginger Soup

Japanese inspired mung bean noodle salad with wok-fried Bok choy, cabbage & other Asian vegetables with fresh mint & pan-fried tempeh (or tofu)

Served with a toasted seed gomasio (a delicious ground Japanese condiment of toasted Nori seaweed, toasted pepita's, sunflower & sesame seeds and a little sea salt).

Green Salad with cucumber, celery, carrot shavings & with lemon & tahini dressing

Dinner

Moroccan millet slice topped with baked pumpkin wedges & dukka with sundried tomato & mint tapenade

Steamed corn on the cob pieces with olive oil & fresh mint & steamed greens tossed in lime juice & black pepper

OR green salad for the Summer months if preferred

Baked apple, fig, cinnamon & nutty crumble with cashew & rosewater 'cream' or vanilla custard

DAY 4

Lunch

Spicy sweet potato & cumin soup topped with toasted seeds & current sprinkle

Wild rice salad with green beans, snow peas & pan-fried tofu croutons with tamari almonds & currents

Green salad crushed hazelnuts, tomato, green olives, radish, sprouts and a lemon & mint dressing

Dinner

Yellow Thai Laksa or Curry with pan-fried ginger & sesame tofu served with brown rice or mung bean noodles

Green Salad green beans, yellow cherry tomatoes & cucumber and lime & coconut dressing

Ginger syrup baked rice pudding with vanilla custard, fresh banana and crushed praline cinnamon nuts



DAY 5

Lunch

Cauliflower, thyme & caraway Soup with toasted sesame seeds

Black lentil & quinoa Salad with pan-fried herbed zucchini, sun-dried tomatoes, baby spinach, diced tomato, capers, diced cucumber & Italian parsley

Roasted sesame pumpkin or sweet potato wedges topped with a salsa verde

Simple green salad beetroot straws, cucumber and celery
with tomato & mint vinaigrette

Dinner

Roasted Sweet potato, & herb tofu, lentil & quinoa salad with green beans, baby Spinach and toasted seeds or almonds & a Balsamic Vinaigrette

Bowl of steamed broccoli & green beans with lemon, parsley & olive oil

OR Green leafy salad with dressing (for Summer months)

Banana & coconut baked rice pudding with caremelised plums (or seasonal fruit)
with toasted pecans

DAY 6

Lunch

Zucchini, kale & mint soup

Baked potato & sweet potato cashew hummus

Beetroot, mixed seeds & carrot with a pesto dressing OR

Julienne beetroot, green beans & pan-fried tofu salad with fresh mint

Rainbow coleslaw with a macadamia mayo

Green Leafy Salad with balsamic dressing

Dinner

Mildly spicy red lentil & cauliflower dhal & eggplant, green bean & potato curry
with brown rice

Steamed broccoli (and other seasonal greens) with lemon vinaigrette

OR Green salad with dressing

Pineapple & lime sago pudding with toasted coconut

DAY 7

Lunch

Miso soup with tofu & seaweed

Quinoa (or brown rice) vege nori with tamari & ginger dipping sauce

Charred broccoli salad with toasted seeds

Green leafy salad w cucumber, celery, sprouts & toasted seeds & a tahini dressing

Dinner

Gluten free pasta with a tomato & rosemary sauce & roasted Mediterranean vegetables,
served with cashew parmesan cheese & herb pesto

Green leafy salad with tomato, cucumber & olives (or steamed greens/vegetables)

Trifle with seasonal fruit with cashew cream or vanilla custard





Other breakfast options

***please note these will incur additional charges.**

Hot savory option

Sautéed mushrooms with fresh herbs & cracked pepper

Oven roasted tomatoes with fresh rosemary,

Sautéed spinach/kale/or Asian greens with olive oil, cracked pepper and a twist of lemon

Home-made baked beans with fresh herbs ***protein**

Tomato & zucchini compote with fresh basil & thyme

Scrambled tofu with fresh turmeric, ginger & spring onion ***protein**

Tomato, puy lentil & green beans sautéed with Moroccan spices ***protein**

Mini hand-cut potato chips served with a tomato & onion jam

(Lightly) Fried rice with seasonal vegetables & spices

Hot sweet option 2

Banana & coconut oat (or Quinoa ***protein**) porridge served with a warm fruit compote like Spiced apple & plum or pear & cardamom, or apple, date & ginger

Black rice pudding with coconut custard and topped with fresh papaya & lime

Freshly baked muffins like: spiced apple & walnut OR banana, maple & cinnamon served with assorted jams

Buckwheat pancakes with fresh seasonal fruit, maple syrup, coconut yoghurt & chocolate drizzle (sauce)

B/fast option 3 – Mostly Raw

Fresh vegetable juices or superfood smoothies

Fruit salad chia seed breakfast pudding with rosewater & vanilla ***protein**

Assorted breads including Gluten Free breads & raw Flax Crackers served with Cashew Hummus, beetroot & mint dip, sunflower seed pate, carrot & mint dip, turmeric hummus etc. etc. ***protein**, fresh vegetables like sliced tomato, sprouts & a grated beetroot (or carrot) & lime salad, salad of greens or kale coleslaw.

As well as raw vegan-mite, natural peanut butter (or nut butter) ***protein**, assorted jams (fresh fruit chia jams), tahini and miso ***protein**.



To secure your dates with
Organic Passion Catering
contact Anthea on

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We look forward to creating beautiful
food for your retreat,

Anthea Amore

Anthea Amore & the Organic Passion Team
Author of two Australian best selling
cookbooks PASSION and HUNGRY