

**AUTUMN  
RETREAT MENU**

with animal protein

BURBURY





## Our menu is;

- locally sourced, prioritising farmers that use organic and regenerative practices.
- inspired by a Mediterranean way. Which uses only whole food ingredients and is mainly plant-based with a small amount of organic local animal products.
- refined-sugar free.
- gluten-free except for slowly fermented sourdough from Dan at the bread circle (served at breakfast), local spelt pasta, wholemeal flour flatbreads and organic pearl cous cous. We provide gluten-free options.
- dairy-free and vegan except the occasional use of bio-dynamic yogurt, local goats feta, Nimbin valley cheese, organic eggs from Oliver's Hens and homemade ghee using Nimbin Valley butter.
- free of processed oils. We cook with coconut, homemade ghee or cold pressed Grumpy Grandma's olive oil.
- balanced with Murray River Salt which is 100% Australian and harvested using sustainable methods.
- thoughtfully curated for your body and the earth.

# DAY 1

## ALWAYS AVAILABLE

Fresh fruit bowl  
Fresh herbs from our garden (mint, rosemary and lemon myrtle) for tea  
Variety of homemade organic tea blends  
Organic ground coffee  
Variety of milks (oat, coconut and organic cows)

## ARRIVAL GRAZING TABLE

Homemade ginger, lime and fresh elderflower lemonade  
Fermented cashew cheese/  
Lemon guacamole with herbs/  
Marinated Grumpy grandma's olives/  
Rose and coconut bliss balls/  
Byron Bay gf crackers/  
Organic dried figs/  
Seasonal fruits and vegetables

## DINNER

Padang curry with wild mushrooms, potato, cauliflower and greens topped with coriander/  
Red rice with lemon grass and lemon myrtle/  
Greens and roasted pumpkin with toasted pecans/  
Green beans marinated in a sesame and mustard sauce topped with toasted seeds/  
Cucumber and lime pickle/  
Coconut yogurt sauce topped with sumac and herbs/

## EVENING SWEET

Grilled plums, wattle seed macadamia crumble,  
fresh raspberries and coconut yogurt

# DAY 2

## *Available before breakfast*

Morning digestive elixir; Lemon, turmeric, fennel, ginger, black pepper  
Variety of fresh fruit  
Coffee, tea and milks

## LIGHT BREAKFAST

Sourdough bread and fruit loaf, GF bread, Nimbin Valley Butter, fresh fruit, berries, home made jam, Byron Bay peanut butter, coconut yogurt, milk (alternative), slice avos and home made macadamia and fig granola

Beetroot boiled eggs with chilli and herb oil

## LUNCH

Local Ballina grilled Tuna with a sesame crust/  
Lime Broccoli topped with walnut salsa/  
Quinoa salad with oregano, mint, coriander,  
spring onions and sweet potato/  
Beetroot, finger lime and feta/  
Red Earth salad greens with pickled fennel and micro herbs/  
Guacamole topped with micro herbs/  
Homemade sauerkraut/

## LUNCH SWEET

Carrot and walnut cake with cashew cream topped with  
almond crumb and edible flowers

## DINNER

Autumn miso, ginger and turmeric soup with potatoes,  
greens and green beans/  
Marinated tofu with asian greens, parsley, shallots and sesames seeds/  
Cauliflower steaks and okra with tamari cashews and parsley salsa/  
Lemon tahini sauce/  
Sourdough flat breads

## EVENING SWEET

Dragon fruit, raspberry and passion fruit cashew cake with an almond base

# DAY 3

*Available before breakfast*

Morning digestive elixir; Lemon, turmeric, fennel, ginger, black pepper  
Variety of fresh fruit  
Coffee, tea and milks

## **SIMPLE BREAKFAST**

Sourdough bread and fruit loaf, GF bread, Nimbin Valley Butter butter, fresh fruit, berries, home made jam, Byron Bay peanut butter, coconut yogurt, milk (alternative + cows), slice avos and home made macadamia and fig granola

Egg muffins with pumpkin, chard and Deb's feta topped with nigella seeds

## **LUNCH**

Mediterranean ratatouille with organic chicken/

Smashed sweet potato, purple potato and pumpkin topped  
with pistachio and herb oil/

Almond tabouli with baby tomatoes, cucumber,  
parsley, bocconcini cheese and mint/

Cashew Pesto with herbs from the garden/

Rocket salad with pickled fennel, carrot, dill and avocado/

Grumpy Grandma's olives

## **LUNCH SWEET**

Blueberry and banana muffins with coconut icing and chopped pistachios

## **DINNER**

Green Coconut curry with zucchini, beans,  
potato and greens/

Grilled baby green capsicum on mustard yogurt topped with pomegranate

Tumeric Brown rice with red onion, herbs and toasted cashews/

Eggplant mung bean salad with fresh herbs

## **EVENING SWEET**

Mango purée with coconut, passionfruit and coconut ice cream topped  
with finger lime and maple pecans

# DAY 4

## *Available before breakfast*

Morning digestive elixir; Lemon, turmeric, fennel, ginger, black pepper  
Variety of fresh fruit  
Coffee, tea and milks

## **LIGHT BREAKFAST**

Sourdough bread and fruit loaf, GF bread, Nimbin Valley Butter butter, fresh fruit, berries, home made jam, Byron Bay peanut butter, coconut yogurt milk (alternative + cows), slice avos and home made macadamia and fig granola

Frittata with zucchini ribbons and feta

## **LUNCH**

Slow cooked local lamb/  
Potato bake topped with lemon herbs, capers and red onion oil/  
Tomato, feta, cucumber, pickled onion, olives, pickled seaweed and sumac/  
Carrot salad with currents and toasted seeds/  
Garden salad with with carrot ribbons, toasted sesame and sunflower seeds with a mustard orange dressing

## **LUNCH SWEET**

Rose and coconut bliss balls/  
Lemon, honey and ginger lemonade

## **DINNER**

Summer mediterranean kitchari  
Grilled zucchini, asparagus and rainbow chard/  
Sautéed cabbage and pumpkin with lime, thyme and turmeric/  
Roasted cauliflower salad with red onion, parsley and mint/  
Coriander chutney

## **EVENING SWEET**

Apple and rubbarb crumble served with coconut ice cream

# DAY 5

## *Available before breakfast*

Morning digestive elixir; Lemon, turmeric, fennel, ginger, black pepper

Variety of fresh fruit

Coffee, tea and milks

## **LIGHT BREAKFAST**

GF bread + sourdough, sourdough fruit loaf, Nimbin Valley Butter butter, fresh fruit, berries, home made jam, Byron Bay peanut butter, coconut yogurt , milk (alternative + cows), slice avos and home made macadamia and fig granola

Shakshuka (eggs cooked in tomatoes)

We provide compostable containers if people need to leave

# Big thank you to our incredible suppliers

## Produce

@wiccawood  
@jumpingredant  
@reearth  
@kennedys.lane.farm  
@byronfarmproduce  
@summitorganics  
@bangalowpotatoes  
@consciousground  
@energeticgreens  
@piconeorchard  
@kombocody  
@alchemystic.fung  
@playingwithfire  
The organic avocado  
Costanzo Apples  
Organic Forrest  
Franks Potatoes

## Peanut butter

@byronbaypeanutbutter

## Coconut yogurt

@coyo\_organic

## Nut milks

@goodbetterbruce

## Dry goods

@honesttgoodnessa  
@foodculture  
@santosorganics

## Salt

@murrayriversalt

## Olive oil

@grumpygrandolives

## Chicken

@mistycreek.agroforestry

## Beef

@haytershillfarm

## Fish

@jseafood

## Bread

@the\_breadcircle

## Pasta

@byrongourmetpasta

## Nuts

@rainforrestfoods  
@marlivaldefarm

## Cheese and milk

@debra\_allard\_cheesie

## Butter

@nimbinvalley

## Honey

@Fromthebeeztoyou







# Burbury Tea Blends

During your retreat guests are able to enjoy our own signature tea blends at any time. We also provide a Oat milk and coconut milk, Deb's dairy milk, local honey and organic coffee

## **Digest**

Lemongrass  
Nettle root  
Ginger root  
Peppermint  
Rose

## **Relax**

Calendula  
Nettle root  
Lemon myrtle  
Lavender

## **Balance**

Chamomile  
Native lemon grass  
Peppermint  
Fennel  
Sacred lotus flower

## **Restore**

Rosella flower  
Lemongrass  
Ginger root  
Hibiscus

## **Caffeine free Chai**

Rooibos  
Ginger root  
Cardamom pods  
Cinnamon  
Cayenne pepper  
Star anise  
Clove  
Fennel