

# BURBURY

RETREAT CATERING



We strive to create a sustainable and positive intentioned food business that will inspire others to create a more meaningful connection with their food. We achieve this by celebrating local produce, supporting producers and growers that utilise regenerative forms of agriculture. We take inspiration from the natural world around us, celebrating Australian natives and championing new sustainable food choices.

Inspiring people to make conscientious food choices and supporting the growers that are working towards a sustainable future.







Having extensive experience in the health food industry and being a resident chef at Billabong Retreat Sydney for many years as well as SOMA's main caterer for 2 years, we are well equipped to cater your next retreat. We believe in making the food compliment the retreat. Each retreat differs slightly and requires slightly different foods. Whether it is the activites, season or duration - the food should come together for an overall experience. And most importantly, make you feel exactly how you need to feel to get the most our of your retreat journey.



# OUR FOOD 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.
- ~ If you choose to have animal protein we only provide this at lunch for better digestion. All our meat is sourced from local organic regenerative farms in the Byron area. Our seafood fish we use is caught locally using single line from Brunswick Heads.
- ~ refined-sugar free.
- ~ gluten-free except for slowly fermented sourdough from bread circle (served at breakfast), spelt pasta, wholemeal flour flatbreads and organic pearl cous cous. We provide gluten-free options.
- ~ dairy-free except the occasional use of bio- dynamic yogurt, local cheese and homemade ghee using Nimbin Valley butter.
- ~ organic eggs from Oliver's Hens
- ~ 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.





## RETREAT PRICES

\$125 (incl.GST) per person per day  
(minimum 10 people)

- ~ 3x whole foods vegetarian buffets per day  
(can be made vegan or meat/ fish added at no extra cost)
- ~ Afternoon tea and dessert
- ~ Seasonal fruit bowl always available
- ~ Tea, Byron Bay coffee and variety of milks always available (with our own home made tea blends)
- ~ Setting and clearing of table each meal. Keeping dining area tidy at all times.

## RETREAT PRICES SEPERATE

(Incl.GST)

Arrival Platter \$26pp

Breakfast \$45pp

Lunch/afternoon tea \$55pp

Dinner/dessert \$55pp

Departure snacks \$21pp

This price includes local travel, cleaning, table setting and introduction of food and ethics. Travel expenses may apply to any location outside of the Byron area.

## RETREAT PRICE BREAK DOWN EXAMPLE

This is an example for a 3 night retreat (eg. Thursday afternoon through to Sunday morning) with 10 guests.

Item	Quantity	Price per person (incl. GST)	Number of people	Total
Arrival Platter	1	\$26	10	\$260
Dinner & Dessert	1	\$55	10	\$550
Full-Day Retreat Catering	2	\$125	10	\$2500
Breakfast	1	\$45	10	\$450
			<b>Total (incl. GST)</b>	\$3760



## RETREAT PRICE BREAK DOWN PER PERSON

This is an example for a 3 night retreat (eg. Thursday afternoon through to Sunday morning) .

Item	Quantity	Price per person (incl. GST)	Number of people	Total
Arrival Platter	1	\$26	1	\$26
Dinner & Dessert	1	\$55	1	\$55
Full-Day Retreat Catering	2	\$125	1	\$250
Breakfast	1	\$45	1	\$45
			<b>Total (incl. GST)</b>	\$376



## TIMES OF MEALS

Please note our meal times are

*Breakfast 9am*

*Lunch 12.30pm*

*Afternoon tea 2pm (can be left out)*

*Dinner 6pm*

We are able to be flexible by 30 minutes ie. 8.30 or 9.30 breakfast. We just find these times work best for digestion and enable us to have a break between lunch and dinner

On the last morning we are happy to have breakfast at 8am if you need to check out of the venue early.





