



AUTUMN RETREAT MENU

Vegetarian

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

Ginger, Zucchini and herb paddies/
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 sesame 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/
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
Turmeric 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

Homemade Green falafels/
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