

# TRINITY'S SAMPLE RETREAT MENU OPTIONS



where everything is made with love

- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ NO REFINED SUGAR
- ✓ ORGANIC (ALL OR MOSTLY)

## BREAKFAST BUFFET

- ♡ Granola
- ♡ Muesli
- ♡ Fruit Spread/Jam
- ♡ Tahini
- ♡ Peanut Butter
- ♡ Large Fruit Bowl
- ♡ Porridge (by request)

## TYPICAL LUNCH FOR 12 GUESTS

Typically consists of one or two dips, two vibrant salads and a big pot of soup with extras like rice-cakes, oat-cakes & toasted seeds.

### Dips & Pates

- ♡ Beetroot & Lemon Hummus
- ♡ Sweet Potato & Hemp Seed Spread
- ♡ Raw Sunflower Seed Pesto
- ♡ Roast Carrot & Black Bean Pate

### Salads

- ♡ Cauliflower Raw-Slaw with Tahini Sauce
- ♡ Beet-It Ginger Raw-Slaw
- ♡ Cucumber Salad with Mint Sauce
- ♡ Rawsome Rainbow Mix
- ♡ Turmeric Rice n' Greens Salad
- ♡ Spiced Curry Potato and/or Chickpea Salad

### A Big Pot of Soup

- ♡ Trin's Soul Food Delicious Signature Soups (various)
- ♡ Creamy Coconut Cauliflower Soup with Nutmeg
- ♡ Serenity Mint Pea Soup
- ♡ Carrot & Ginger Lentil Soup
- ♡ Cosmic Coconut & Pumpkin Soup

## TYPICAL DINNER FOR 12 GUESTS

One main course served with rice or potatoes (unless it already includes potato or pasta etc. in the main dish) and either a very hearty, filling salad/raw-slaw or veggies.

- ♡ Conscious Cottage Pie
- ♡ Veggie Bake with Coconut Sauce & Oat-Seed Topping
- ♡ Pasta & Bean Bake with Cardamom Sauce & Oat-Seed Topping
- ♡ Baked Sweet Potato Falafels with Tahini Sauce
- ♡ Sunset Sweet Potato & Chickpea Curry (with Dahl & Poppadoms)
- ♡ Stuffed Seed Pepper Boats
- ♡ Baked Potato & Gourmet Spicy Beans

### Delicious Desserts Examples

- ♡ Raw Cacao, Date & Almond Truffles
- ♡ Chocolate Chip Banana Bread
- ♡ Flapjacks

### Extra Special Desserts

- ♡ Raw Carrot Cake
- ♡ Billionaire Superfood Shortbread
- ♡ Chocolate Covered Rawsome Slices