

*A One-Day Late Summer Retreat
Pescatarian / Local Eco Menu*

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BREAKFAST 8:00-8:30

Salsa Verde & butternut frittata with yogurt salsa Verde sauce
Avocado & arugula
Watermelon sparkler salad
Gluten free corn bread muffins
Rolls
Butter, jam
Coffee, tea, cream, non-dairy creamer, sugar, honey

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LUNCH 12 noon-1:00

Carrot hot dogs -optional bun
Chipotle mayonnaise sauce
Sauerkraut, mustard
Cauliflower "potato" salad
Chickpea falafel dip
Peppers & cucumbers
Pita chips/Rice crackers
Local dark chocolate squares
Apples

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PM SNACK 3:30-3:45

GF chocolate chunk cookies
Hot tea
Iced cold brew coffee

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DINNER 6:00-9:00

Fresh ricotta or almond ricotta with honey & rosemary bruschetta/GF crackers
NC red drum fish with mushrooms & white wine
Twice baked sweet potatoes with chevre
Baked stuffed onions
Warm autumn greens salad with roasted cherry tomatoes & olives

Red wine poached pears & local vanilla ice cream