

# — THE — Menu

## Arrival Day

**Dinner:** Wild BC Spring salmon, basmati rice pilaf, roasted vegetable medley, organic mixed green garden salad w/ homemade vinaigrette, and dessert.

## Ceremony Day

**Breakfast:** Handmade hashbrowns, nitrite free breakfast meats, local organic eggs, fresh fruit platter, toast station, organic coffee/ tea variety & superfood smoothie.

**Lunch:** Organic chicken & vegetable coconut- miso stew over broad rice vermicelli, organic garden salad, warm fresh baked cookie platter.  
Fasting from Lunch onwards, liquids only, avoid caffeine & sugar.

## Recovery Day

No "official" breakfast or lunch is served. We bring you fresh fruit and homemade nutrient dense bone broth soup as you feel ready to eat.

**Early Dinner:** Grass-fed beef pot roast, homemade herb & garlic scalloped potatoes, roasted vegetables, organic garden salad, fresh fruit.

## Integration Day

**Breakfast:** Smoked salmon eggs benedict, fresh fruit, warm scones, superfood smoothie, organic coffee/ tea variety.

**Lunch:** Pulled Organic Chicken tacos on organic gluten-free corn tortillas, guacamole & salsas, homemade slaw, Spanish rice & beans, hibiscus lemonade, warm Churro- cookies.

**Dinner:** Handmade Lamb meatballs, quinoa- tabbouleh, tomato- bocconini skewers, Tempeh ragout, Greek salad, warm lavosh, assorted dips & dessert.

# — THE — Menu

## Ceremony Day

**Breakfast:** Handmade hashbrowns, nitrite free breakfast meats, local organic eggs, fresh fruit platter, toast station, organic coffee/ tea variety & superfood smoothie.

**Lunch:** Organic chicken, chickpea & chard curry over Basmati & pea rice pilaf, w/ warm naan, cachumber salad, raita, pickled veggies & assorted homemade squares.

Fasting from Lunch onwards, liquids only, avoid caffeine & sugar

## Recovery Day

No "official" breakfast or lunch is served. We bring you fresh fruit and homemade nutrient dense bone broth soup as you feel ready to eat.

**Early Dinner:** Grass-fed beef Sheppard's pie, warm garlic toast, organic garden salad & vegetable platter w/ dips.

## Integration Day

**Breakfast:** Blueberry ancient grain protein pancakes w/ homemade fruit compote, local organic eggs, nitrite free breakfast meats, fresh fruit platter, Superfood smoothie, organic coffee/ tea variety.

**Lunch:** BBQ chicken, homemade baked beans, hand rolled scones, marinated vegetable salad, charcuterie & fresh baked dessert loaves,

**Dinner:** Bison Spaghetti Bolognese w/ warm garlic baguette, kale Caesar salad, fruit & cheese platter, homemade dessert.

## Departure day

**Breakfast/ Brunch (depends on guest's schedules):** Organic egg & sausage Shakshuka w/ roasted sweet potatoes, fruit & cheese platter, toast station, organic coffee/ tea variety & superfood smoothie.