



Retreat catering package

Added organic free-range meat options

Creating wholesome food experiences to inspire

Our mission is to create nourishing food that is beautifully presented, we love to showcase cooking with whole foods.

We listen to our bodies and recognize that everybody is different. We can cater to what you desire, whether that be gluten-free, vegan, vegetarian, or adding healing bone broths and local organic meat to some dishes.

The produce used is carefully selected from local farmers, markets, and local suppliers.

Byron Bay has the climate for a variety of fresh high- vibrational foods, We try our best to use as much local and organic produce as possible.

We only use the best quality ingredients for health, all meals are cooked in organic olive oil, ghee, coconut oil or organic butter. Seed oils will never be found in our kitchen.



DAY 1

Arrival Platter & Refreshment

- Beetroot hummus with rainbow carrots, baby cucumber & and radish.
 - home-made herb & and chilli-seeded crackers with probiotic cashew cheese.
 - Organic Brie with local honey, figs or pears.
 - Vintage cheddar with Byron Bay Davidson plum with chia and apricot crackers.
 - Organic olives & pickles
 - Seasonal fruits, Byron Bay chocolate-coated berries & nuts.
- Elixir - Rose & elderflower mocktail

Buffet Style Dinner

- Whole baked Moroccan spiced cauliflower topped with whipped tahini, fennel pistachio dukkah and micro herbs.
 - Honey Harrisa eggplant on zesty, herb yogurt sauce topped with pickled onions, pomegranate and mint.
- Maple, cinnamon-baked pumpkin served on a brown lentil salad topped with goat's cheese and toasted macadamia nuts.
 - Fresh local organic greens with apple cider vinegar dressing.

Dessert

Lemon, mango and passionfruit cheesecake.

DAY 2

Breakfast

- Jamu Elixer (ginger, turmeric, lemon, manuka honey and cayenne pepper)
- Seasonal fruit platter, Granola, coconut yogurt.
- Mushroom, caramelised onion and heirloom tomato local egg frittata.
- Smashed avocado on local organic sourdough, topped with lemon juice, chilli oil and sunflower sprouts.

Buffet Style Lunch

- Rice paper rolls with halloumi, rainbow slaw, pomegranate and mint with a mango and lime dressing.
- Miso eggplant soba noodle salad with a tahini and peanut dressing topped with crispy shallots.
- Ginger and sesame chicken salad with blanched broccolini, sugar snap peas, edamame, cucumber and radish.
- Oyster mushroom cabbage rolls.

Buffet Style Dinner

- Mini sweet potatoes stuffed with pulled jackfruit topped with mango salsa, jalapeño, coriander, and cashew cream.
- Quinoa cooked in healing bone broth topped with spiced black beans, caramelised onions and tomatoes.
 - Ghee-fried crispy cauliflower bites with smokey date sauce.
- Local organic greens with fresh papaya, sesame seeds and tahini lime dressing.
 - Spiced corn ribs topped with lime, feta & coriander

Dessert

Pears poached in rose water and cardamon served with pana organic vanilla bean ice cream topped with toasted pistachios rose petals and Byron Bay Davidson plum.

DAY 3

Breakfast

- Green Elixer (Celery, kale, lemon, ginger, fennel & pineapple)
- Seasonal fruit platter, Granola, coconut yogurt.
- Local organic eggs cooked in a rich tomato and capsicum sauce topped with goat's cheese and dukkah.
- local organic sourdough, topped with zesty herb cashew butter.

Buffet Style Lunch

- Coopers shoot tomatoes, local burrata and wild pesto.
- Organic local beef paddies on creamy beetroot hummus topped with pickled onions.
- Spinach, caramelised onion and cashew cream pie on a mixed potato base.
- Wild rocket and pear salad with mustard and lemon dressing.

Buffet Style Dinner

- Turmeric, coconut, and kaffir lime fish curry.
- Halloumi, spinach and cashew cream curry
- Nimbin biodynamic saffron rice cooked
 - Refreshing shaved fennel salad.
 - Mango and date chutney.

Dessert

Healthy Snickers slice with tahini caramel, flakey sea salt and dark chocolate.

DAY 4

Light check out Breakfast

-Chia seed pudding with organic berry compote, coconut yogurt, and superfood granola topped with fresh local fruit.

ALSO INCLUDED

- Always available: Local coffee, organic herbal tea, spiced cacao, matcha, fruit bowl & bliss balls.
- Cleaning of the kitchen after each meal.
- Table setting

PRICING

ARRIVAL DAY -\$75

FULL DAY - \$135

CHECK OUT BREAKFAST - \$20

ADD-ONS

TABLE STYLING

Includes local fresh flowers, candles, linen napkins and styled decor. - \$90

FOODIE GOODIE BAG

Includes the best of Byron Bay's local food products plus a downloadable retreat cookbook. Valued at \$65pp







