



Nourish & Nurture: 3 Day Yoga Retreat at Parker Hill Farm

NOURISHMENT MENU

BREAKFAST

9:00 am Saturday

Tomato Basil Quiche. Tofu Scramble.
Muffins. Bananas.
Fresh Bread & Nut Butter. Yogurt & Granola

9:00 am Sunday

Oatcakes w/ Maple & Berry Compote.
Turkey Sausage or Vegan Option..

LUNCH

12:30 pm Friday

Chickpea Salad w/ Cucumber, Red Pepper, Feta and Olive Oil Dressing.
Wraps: Turkey & Avocado or Veggie & Hummus

12:30 pm Saturday

Kale & Quinoa Salad with Cranberries, Red Onion & Balsamic.
Seasoned Grilled Corn w/ lime.
Black Bean and Sweet Potato Quesadilla w/ Avocado Dressing.

DINNER

6:30 pm Friday

Spinach & Beet Salad w/ Goat Cheese, Walnuts & Balsamic Dressing.
From the Farm Brick Oven Pizza: Gluten & Dairy Free or Traditional Style

6:30 pm Saturday

Curry Chicken or Tofu, Grilled Vegetables. Coconut Rice.

