

# No Dietary Restrictions

*Breakfast, Lunch, Dinner & Snacks for four days plus a Dessert*

## Breakfast

### Breakfast Sandwiches

*open-faced with sliced soft-boiled eggs, avocado and smoked trout*

### Polenta Porridge

*with raisins, brown sugar and toasted nuts*

### Spanish Sausage Quiche

*with roasted peppers, can be served hot or cold*

### Granola

*made every-other visit*

## Lunch

*enjoy 2 sandwich options for 4 days with a different soup or salad each day  
can be packaged individually for lunch on the go*

### Sandwiches

*spicy Italian on focaccia or curried chicken salad on a wheat buns*

### Soups

*Italian sweet pepper and potato soup or roasted cauliflower soup*

### Arugula Salad

*fresh mozzarella and toasted pine nuts with berry champagne vinaigrette*

### Baby Romaine Salad

*shredded carrot, tomato and cucumber with lemon pepper dressing*

## Dinner

*dinners marked with an asterisk \* should be eaten on day one or two for optimal freshness*

### Thai Steak Salad

*with a side of steamed rice*

### Chicken Piccata

*with roasted vegetables*

### Potato and Langoustine Gratin \*

*with roasted fennel and a simple salad*

### Udon

*Japanese-style chicken noodle soup with seaweed and cucumber salad (Sunomono)*

## Snacks

*two snack options, can be packaged individually for a snack on the go*

### Green Smoothies

*mango, spinach, lime and coconut smoothie  
three part kits: fresh, frozen and coconut water base (protein or vitamin powders optional)*

### Vegetable Plates

*fresh from the farmers market served with a smooth home-made hummus and fresh smoked trout dips*

## Dessert

*one shareable dessert per visit*

### Lemon Loaf

*fresh berries and white chocolate whipped cream*