



Food with Passion

Adult Retreat Menu

Cost Per Head: \$38.00 per day + GST

Breakfast

Toast, condiments, selection of cereals daily plus choose one of the following for each day

Pancakes with maple syrup and whipped cream

Bacon and scrambled eggs and toast

Fresh Fruit salad with Greek yoghurt

Tea, Coffee, milo and juice

Morning tea - Choose one of the following

Home made Chocolate cake

Vanilla cupcakes w butter frosting

Lemonade scones with strawberry jam & whipped cream

Raspberry and white chocolate muffins

Apple and cinnamon cake

Fresh Fruit platter

Jugs of water and cordial (at meal times throughout the day)

Lunch - Please choose one for each day

Fresh baguettes with a selection of meats and salads

Magic hamburgers. Premium mince patties BBQ grilled and served with onion, bacon, lettuce, cheese and tomato chutney

Ham and cheese croissants

Warm chicken salad

Toasted Focaccias with chicken, sun dried tomatoes, cheese and rocket

Afternoon tea - Please choose one for each day

Cheese, crackers and dips

Choc chip cookies

Fresh fruit platter

Dinner - Please choose one for each day

Aussie Barbie: Gourmet sausages, steak and marinated chicken breast. Served with garden fresh salads and crusty bread

Homemade Lasagne served with salads crusty bread

Roast beef or chicken: Cooked medium and served with roast veggies and greens

Filo Parcels filled with chicken, bacon and cheese. Served with your choice of salad or vegetables

Tacos w salad sour cream salsa and grated cheese

Penne Bolognese served with green salad and crusty bread

Green chicken curry served with Basmati rice, pappadams and mango chutney

Dessert - Please choose one of the following

Homemade apple crumble and custard

Seasonal fruit salad and ice cream

Apple crumble and custard

Self saucing chocolate pudding

Sticky date pudding and toffee sauce

Supper

Biscuits and milo

Dietary requirements are also catered for. ie nut allergies, gluten free, vegetarian. Please advise when selecting food options.

To book please ring Ashley on 0423 463 104 or Kelly 0430 165 007

Or Email: bookings@ashkelskitchen.com.au

*Menus and Prices are subject to change

(c) 2011 Ash & Kels Kitchen