**THIS IS NOT THE FULL MENU**

**BUT SOME OPTIONS THAT WILL BE AVAILABLE ON THE MENU**

**NOTE: PARTICIPANTS WILL BE ALLOWED TO CHOOSE :**

* **FOR LUNCH: 2 bowls or 1 bowl and 1 soup, and up to 1 extra PER DAY**
* **FOR DINNER: 1 of the meal options**
* **Breakfast and Desserts will also be served**

**Full menu options will be sent to you for selection upon registration**

**LUNCH CHOICES**

|  |
| --- |
| ***Energy Bowls***  Harvest Bowl (greens, brown rice, squash, beets, craisins, apples, fig-balsamic vinaigrette, optional; pecan-almond mix) |
| Quinoa Tabbouleh Tuna Bowl (quinoa, tomato, cucumber, purple onion, parsley, tuna, lemon vinaigrette) |
| Southern Bowl (shredded lettuce, rice, tomatoes, cucumber, roasted peppers, beans, corn, cilantro dressing, optional; cheese)  Buddha Bowl (greens, quinoa, edamame, carrot, beets, cucumber, peppers, Asian dressing, optional; almond-sunflower mix)  **Veg Bowls**  Italiano (peppers, tomato, cucumber, artichoke, lima beans, olives, creamy basil vinaigrette, optional; fresh mozzarella)  Greek (shredded greens, black olives, tomato, cucumber, chickpeas, garlic-lemon vinaigrette, optional; feta)  Rainbow Bowl (spring mix, purple cabbage, carrot, peppers, cucumber, corn, mushrooms, heart of palm, avocado, house dressing)  **Legume Based Bowls**  Lentil (lentils, onions, carrots, peppers, peas, cucumber, celery, house vinaigrette)  Beet-Edamame (roasted beets, edamame, feta, dill vinaigrette)  Summer Salad (Kohlrabi, Mango, Cucumber, Chickpeas, Baby Lima Beans, citrus vinaigrette)  Protein Based (non Vegan) Bowls  Kani Sushi Salad (kani, nori, avocado, cucumber, peppers, spicy Asian dressing)  KaneKame Salad (kani, Asian pear, cucumber, creamy dressing)  Salad Nicoise (lettuce, potato, egg, tuna, green beans, cucumber, tomato)  **Soups**  Hot choices: Broccoli OR Tomato OR Squash  Cold: Gazpacho OR Vichyssoise |

**DINNER CHOICES**

Indian Plate Vegan chickpea curry OR Red curry lentils o Biryani with baked tofu OR Spiced cauliflower o Scented rice

Mexican Plate o Tortilla Soup OR Vegetable Chilli o Quinoa Stuffed Pablanos OR Bean Burritos o Corn Bread, Salsa, Guacamole o Optional

Chinese Plate o Hot and Sour Soup OR Egg Drop Soup o Tofu Stir-Fry OR General Tzo Cauliflower o Sesame Noodles OR Steamed Rice

Chef’s Plate o Vienamese Spring Rolls OR Garden Salad o Vegetable Tarte OR Stuffed Pepper (quinoa or rice) o Mushroom Bourgignon OR Ravioli Marinara (Ricotta-Spinach or Mushroom)

*A Message from SupperThyme Catering,*

*Please check off your selections and remit with your registration and payment.*

*All meals are vegetarian and many are vegan as well. Any dairy or nuts are optional. Any meals specialized for those with allergies will be made 1st in an environment free of contaminants.*

*All dairy is Cholov Yisroel.*

All meals are accompanied by a drink station. This includes, but is not limited to: infused waters, assorted teas (herbal and regular), coffee (regular and decaf), milk, milk alternatives, sugar, and, alternative sweeteners.

*If you have any special dietary needs, please be sure to include them. Almost all meals can be customized to suit your personal tastes and needs.*

*Thank you,*

*Rachel and the SupperThyme Team*

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**Religious Women’s Yoga Retreat**

**July 22-24, 2019**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact Number**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dietary Needs:

⭘ Gluten Free (may involve extra costs)

⭘ Dairy Free (allergy or intolerance)

⭘ Nut Free (Please specify: \_\_\_\_\_\_\_\_\_)

⭘ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⭘ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⭘ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total for Breakfasts: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total for Lunches: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total for Dinners: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Total Due: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Breakfast Choices***

***Total for breakfast choices $\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

|  |  |  |
| --- | --- | --- |
| ***Tues***  ***July 23, 2019*** | ***Wed***  ***July 24, 2019*** | ***\*Please make 1 selection PER DAY\**** |
| ⭘ | ⭘ | Oatmeal Bar (plain oatmeal with assorted toppers available) |
| ⭘ | ⭘ | Yogurt Bar (low fat Greek yogurt with assorted toppers available) |
| ⭘ | ⭘ | Health Muffin (made with whole grains, low fat and low sugar) |
| ⭘ | ⭘ | Hot Breakfast Plate (scrambled eggs, whole grain bread, salad) |
| ⭘  *⭘ Egg* | ⭘  *⭘ Egg* | Avocado Toast (whole grain bread, avocado, spices, optional: poached egg) |

***Lunch Choices***

***Total for Lunch choices $\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

|  |  |  |
| --- | --- | --- |
| ***Tues***  ***July 23, 2019*** | ***Wed***  ***July 24, 2019*** | ***\*Please choose up to***  ***2 bowls or 1 bowl and 1 soup, and up to 1 extra PER DAY\**** |
| ***Energy Bowls*** | | |
| ⭘  *⭘ Nuts* | ⭘  *⭘ Nuts* | Harvest Bowl (greens, brown rice, squash, beets, craisins, apples, fig-balsamic vinaigrette, optional; pecan-almond mix) |
| ⭘ | ⭘ | Quinoa Tabbouleh Tuna Bowl (quinoa, tomato, cucumber, purple onion, parsley, tuna, lemon vinaigrette) |
| ⭘  *⭘ Cheese* | ⭘  *⭘ Cheese* | Southern Bowl (shredded lettuce, rice, tomatoes, cucumber, roasted peppers, beans, corn, cilantro dressing, optional; cheese) |
| ⭘  *⭘ Nuts* | ⭘  *⭘ Nuts* | Buddha Bowl (greens, quinoa, edamame, carrot, beets, cucumber, peppers, Asian dressing, optional; almond-sunflower mix) |
| ***Veg Bowls*** | | |
| ⭘  *⭘ Cheese* | ⭘  *⭘ Cheese* | Italiano (peppers, tomato, cucumber, artichoke, lima beans, olives, creamy basil vinaigrette, optional; fresh mozzarella) |
| ⭘  *⭘ Cheese* | ⭘  *⭘ Cheese* | Greek (shredded greens, black olives, tomato, cucumber, chickpeas, garlic-lemon vinaigrette, optional; feta) |
| ⭘  *⭘ Nuts*  *⭘ Cheese* | ⭘  *⭘ Nuts*  *⭘ Cheese* | Rainbow Bowl (spring mix, purple cabbage, carrot, peppers, cucumber, corn, mushrooms, heart of palm, avocado, house dressing) |
| ⭘ | ⭘ | Mushroom-Pea (greens, purple cabbage, mushrooms, peas, creamy dill dressing) |
| ***Grain Based Bowls*** | | |
| ⭘  *⭘ Nuts* | ⭘  *⭘ Nuts* | Quinoa (quinoa, apples, ginger, scallions, garlic, maple-balsamic vinaigrette) |
| ⭘ | ⭘ | Barley (barley, assorted mushrooms, onions, roasted garlic-thyme dressing) |
| ***Legume Based Bowls*** | | |
| ⭘ | ⭘ | Lentil (lentils, onions, carrots, peppers, peas, cucumber, celery, house vinaigrette) |
| ⭘ | ⭘ | Beet-Edamame (roasted beets, edamame, feta, dill vinaigrette) |
| ⭘ | ⭘ | Summer Salad (Kohlrabi, Mango, Cucumber, Chickpeas, Baby Lima Beans, citrus vinaigrette) |
| **Protein Based (non Vegan) Bowls** | | |
| ⭘ | ⭘ | Kani Sushi Salad (kani, nori, avocado, cucumber, peppers, spicy Asian dressing) |
| ⭘ | ⭘ | KaneKame Salad (kani, Asian pear, cucumber, creamy dressing) |
| ⭘ | ⭘ | Salad Nicoise (lettuce, potato, egg, tuna, green beans, cucumber, tomato) |
| ***Soups*** | | |
| ⭘ | ⭘ | Hot choices: Broccoli OR Tomato OR Squash |
| ⭘ | ⭘ | Cold: Gazpacho OR Vichyssoise |
| ***Misc Extras*** | | |
| ⭘ | ⭘ | Crudite with Dip |
| ⭘ | ⭘ | Whole Grain Roll OR Kamut Bun |
| ⭘ | ⭘ | Fruit Plate |
| *⭘ Egg*  *⭘ Tuna* | *⭘ Egg*  *⭘ Tuna* | Add Tuna or Hard Boiled Egg to ANY Bowl |

***Dinner Choices***

***Total for Dinner choices $\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

|  |  |  |
| --- | --- | --- |
| ***Tues***  ***July 23, 2019*** | ***Wed***  ***July 24, 2019*** | ***\*Please select 1 of the dinner menu options***  ***(and indicate which item you prefer when 2 choices are offered)***  ***and 1 dessert option PER DAY\**** |
| ⭘  *⭘Salmon +$8.00* | ⭘  *⭘Salmon +$8.00* | Indian Plate   * Vegan chickpea curry OR Red curry lentils * Biryani with baked tofu OR Spiced cauliflower * Scented rice * Optional: Chai Spiced Salmon (+$8.00) |
| ⭘  *⭘Salmon +$8.00* | ⭘  *⭘Salmon +$8.00* | Mexican Plate   * Tortilla Soup OR Vegetable Chilli * Quinoa Stuffed Pablanos OR Bean Burritos * Corn Bread, Salsa, Guacamole * Optional: Fish Tacos (+$8.00) |
| ⭘  *⭘Salmon +$8.00* | ⭘  *⭘Salmon +$8.00* | Chinese Plate   * Hot and Sour Soup OR Egg Drop Soup * Tofu Stir-Fry OR General Tzo Cauliflower * Sesame Noodles OR Steamed Rice * Optional: Teriyaki Salmon OR Sushi (10pcs) |
| ⭘  *⭘Salmon +$8.00* | ⭘  *⭘Salmon +$8.00* | Chef’s Plate   * Vienamese Spring Rolls OR Garden Salad * Vegetable Tarte OR Stuffed Pepper (quinoa or rice) * Mushroom Bourgignon OR Ravioli Marinara (Ricotta-Spinach or Mushroom) * Optional: Citrus Salmon OR Herbed Salmon |
| ***Dessert Options*** | | |
| ⭘ | ⭘ | Chocolate Mousse (dairy OR pareve) |
| ⭘ | ⭘ | Cheese Cake (dairy OR pareve\*) \*not vegan |
| ⭘ | ⭘ | Lemon Tarte (dairy OR pareve\*) \*not vegan |
| ⭘ | ⭘ | Fruit Plate |
| ⭘ | ⭘ | Baked Apple or Poached Pear |