Menu

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| Catered Meals by 3SK CAFÉ Kosher  COR Scroll down to the next page to read the menu for Nirvana Retreat Kosher Catered Food (note we are bringing up catered food and will have kosher kelim to eat on, however the kitchen is not kosher and any food needing to be warmed up will be double wrapped for ovens)Note: We do not do made for order menus (this is our menu choices)However we do gluten free at an extra cost and food is dairy & meat freegluten free at extra cost of $5Extra Ginger Probiotic Drinks $5 each Scroll to next page to read menu

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| TUESDAY JULY 2ND MENU Lunch- $25+ tax per mealVegetable and Egg Quiche (Vegan Option Available Upon Request)2 Types of Garden Fresh Salads 3SK Style Chickpea salad Chia Pudding Ginger Probiotic SodaDinner - $25+ tax per meal Lentil Veggie Patties and Dipping Sauce Roasted Spaghetti squashGluten Free Almond Flour Dinner Rolls Garden Fresh Salad 3KS Style Brown Rice SaladAlmond Butter Caramel Bites Ginger Probiotic SodaBreakfast –scroll to last page  WEDNESDAY JULY 3RD Menu Lunch- $25+ tax per mealGreek salad with creamy cashew dressingOrganic spelt rollsSprouted lentil salad with maple balsamic dressingVegan cashew quiche with spelt crustVegan Ginger snap ice cream with ginger snap cookies Dinner - $25+ tax per meal Flourless seed bread Curried Lentil dipBeet, apple and walnut salad with honey hemp heart dressingOrganic yellow split pea soupApple cranberry flax muffins stuffed with almond butter  |  |
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Breakfast:

\*this meal is for participants staying the night at the cottage & this meal is included in the room cost

\*this meal is not catered by 3SK but oatmeal will be made in Kinneret’s kitchen at home and double wrapped and warmed up in the oven of the retreat center

Breakfast includes:

Hot oatmeal with selected fruits

Orange Juice

Coffee / Tea