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 free  gluten free at extra cost of $5  Extra Ginger Probiotic Drinks $5 each  Scroll to next page to read menu   |  |  | | --- | --- | | TUESDAY JULY 2ND MENU  Lunch- $25+ tax per meal  Vegetable and Egg Quiche (Vegan Option Available Upon Request)  2 Types of Garden Fresh Salads 3SK Style  Chickpea salad  Chia Pudding  Ginger Probiotic Soda  Dinner - $25+ tax per meal  Lentil Veggie Patties and Dipping Sauce  Roasted Spaghetti squash  Gluten Free Almond Flour Dinner Rolls  Garden Fresh Salad 3KS Style  Brown Rice Salad  Almond Butter Caramel Bites  Ginger Probiotic Soda  Breakfast –scroll to last page  WEDNESDAY JULY 3RD Menu  Lunch- $25+ tax per meal  Greek salad with creamy cashew dressing  Organic spelt rolls  Sprouted lentil salad with maple balsamic dressing  Vegan cashew quiche with spelt crust  Vegan Ginger snap ice cream with ginger snap cookies  Dinner - $25+ tax per meal  Flourless seed bread  Curried Lentil dip  Beet, apple and walnut salad with honey hemp heart dressing  Organic yellow split pea soup  Apple cranberry flax muffins stuffed with almond butter |  | |  |  | |

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