

Yoga Chapel 2019 Retreat Menu

Dishes subject to change due to ingredient availability

Saturday Breakfast - Vegetarian, Gluten-Free, Non-Dairy

Cinnamon Clove Stewed Apples- cooked apples, cinnamon, cloves and
Fresh Fruit Variety - bananas, berries, oranges, kiwi, mango
Spinach and Egg Bake- olive oil, eggs, spinach, roasted red peppers
Gluten-Free Chai Spiced Oatmeal- Baked Oatmeal, maple syrup, warming spices
Hot Tea/Water/Iced Tea/Coffee

Saturday Lunch- Vegetarian, Gluten Free, Non-Dairy

Tomato Basil Soup
Veggie Quinoa - seasoned quinoa with mixed vegetables
Kale and Citrus Salad-kale, fresh oranges, avocado, pumpkin seeds, citrus vinaigrette
Chia Seed Pudding Cups- chia pudding with fruit
Hot Tea/Water/Iced Tea

Saturday Dinner-Vegetarian, Gluten Free, Non-Dairy

Lemon Asparagus Risotto-lemon zest, asparagus, english peas
Greek Salad-romaine, arugula/spinach, cucumber, shallot, olives, chickpeas
Oregano and Pine Nut Roasted Tomatoes
Lentil Soup-black lentils, vegetables, broth
S'mores- graham crackers, marshmello, organic chocolate, bananas
Hot Tea/Water/Iced Tea

Sunday Breakfast-Vegetarian, Gluten Free, Non-Dairy

Cinnamon Clove Stewed Apples- cooked apples, cinnamon, cloves and
Fresh Fruit Variety - bananas, berries, oranges, kiwi, mango
Roasted Carrots and Potatoes- olive oil, gold, red and sweet potatoes, carrots
Blueberry Sunflower Baked Quinoa- blueberry, quinoa, sunflower seeds, chia seeds,honey
Avocado Toast- avocado, pumpkin seeds, EBB seasoning, hard boiled eggs
Hot Tea/Water/Iced Tea/Coffee

