



The Palace Menu - for Retreats

*Treat yourself and nourish yourself at the same time.
Suitable for groups 20-100pp.*

On Arrival

Raw Cacao and Goji Berry Bliss Balls, Olives, Crackers & Hommus.

Friday Dinner

Thai Coconut Curry with Cashews and Sweet Potato
Steamed Broccoli, Bok Choy, Zucchini and Green Beans
Crunchy Baked Tempeh
Bean Shoots and Cassava Crackers
Raw Bliss Open Tart: A pastry of almond, seeds, dates and coconut
Topped with Fresh Mango and Cashew Cream

Saturday Morning Tea

Fresh Baked Pear and Pecan Muffins

Saturday Lunch

White Bean & Potato Fritters with Basil & Spring Onion
Quinoa Tabouleh
Beetroot and Carrot Salad with Sesame & Baby Rocket
Baby Spinach with Olive, Sheeps Feta, Roast Zucchini, Snowpeas, Pomegranate
Dressing & Hazelnuts
Raw Green Sauce with Hemp Oil
Mountain Breads

Saturday Afternoon Tea

Ishanya's Raw Cacao Cake

Saturday Dinner

Lasagna with Fresh Veg and Sundried Tomato Sauce and White Cheeses
Zucchini, Silverbeet, Roast Pumpkin



Green Salad with Cucumber, Tomato, Green Capsicum,
Green Beans with Roasted Garlic Olive Oil & Pepper
Orange, Mandarin and Almond Syrup cake

Sunday Morning Tea

Anzac Biscuits (Cane Sugar Free)

Sunday Lunch

Tortillas and Herbed Brown Rice
Turtle Beans Simmered with Central American Spices and Sweet Potato
Mushroom and Corn with Butter and Lime
Shredded Lettuce, Grated Carrot, Cheese
Roasted Tomato & Pepita Salsa and Guacamole

Breakfast

Home Made Toasted Muesli
G.F Porridge (Quinoa and Rice on different days) w Buckwheat
Organic Sourdough Toast with Jams, Peanut Butter, Tahini, Honey
Boiled Free Range Eggs , Fresh Fruit and Poached Pears

Organic Fair Trade Teas and Coffee, and Indian Spiced Tea (Chai)

The range of cuisine available from New Earth Foods is not limited to what you see here, this is just a popular example. Gluten Free and Dairy Free options are always made available, and other dietary requirements can be catered for on request. For prices, contact us with at newearthcatering@gmail.com, and don't forget to give us as much info about your event as you can.