



The Temple Menu - for Retreats

*Nourishing and Delicious food.
An excellent complement to Yoga or Meditation Retreats.
Suitable for groups 20-500pp.*

Friday Dinner

Split Red Lentil & Tomato Dahl
Cauliflower and Zucchini Subji with Coconut Cream & Fresh Turmeric
Brown Rice

Saturday Lunch

Tofu steaks with Tahini Sauce
Salad Greens with Cucumber and Capsicum,
Quinoa Tabouleh- Toms, Parsley, Radish
Shredded Beetroot, Carrot with seeds
Wrap Bread

Saturday Dinner

Thai Coconut Curry, with Lemongrass, Galangal
Tempeh, Sweet Potato & Zucchini.
Steamed Broccoli, Bok Choy & Cabbage
Bean Sprouts. Sweet Chilli
Rice Noodles

Sunday Lunch

Baked Potatoes with Grated Cheese
Aduki Bean Salad with Capsicum, Cucumber & Rocket
Shredded Carrot and Beetroot with Spinach & Sesame
Vegan Coleslaw

Sunday Dinner

Potato & Silverbeet Subji with leftover veg
White Beans in a South Indian Ginger Tomato Sauce
Brown Rice

Breakfasts

Bircher Muesli, Oat Porridge, Rice Porridge, Poached Fruit & Yoghurt

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.