

# *Men's Retreat Menu*

1 Vegan (lactose intolerant), 1 Gluten-Free, 1 No Tree Nuts/No Tomato (allergens)

## **Friday Dinner**

Southwest – Hearts of Palm Salad with Red Onion, Lime & Cilantro / Mild Chili & Citrus marinated Pork Tenderloin with Scallion Pesto (sub tempeh for vegans) / Corn Pudding / Brown Sugar Baked Beans / Grilled Asparagus & Carrots with Roasted Shallot Dressing

## **Saturday Breakfast**

Coffee & Tea with accoutrements  
Chilaquiles with Scrambled "Eggs" (Vegan) (Queso Fresco, Scallion & Cilantro for garnish)  
Yogurt & Berries with Granola (Coconut Milk Yogurt for Vegans)  
Banana-Nut Protein Pancakes with Butter & Maple Syrup (first batch w/o nuts)  
Chicken-Apple Sausage  
Hard-Eggs  
Fruit Bowl with Apples, Bananas and Oranges/Seasonal Citrus

## **Saturday Lunch**

Peach Panzanella Salad with Fresh Mozzarella & Basil (sans cheese for vegan) / Tuscan White Bean & Kale w/ Soy-rizo / Italian Sausage Hoagies with Sauteed Peppers & Caramelized Onion (vegan sausage avail) / Fruit Salad with Mint

## **Saturday Dinner**

Bacon Wrapped Dates with Goat Cheese & Honeyed Almond, Chips & Tomatillo-Avocado Salsa  
Mixed Greens Salad with Apple, Blackberry, Blue Cheese, Candied Pecans and Raspberry Vinaigrette  
Grilled Steaks with Caramelized Onions & Sauteed Mushrooms (sub Cauli Steak with French Onion-Walnut Gravy for vegan) (add a couple chicken breasts for non-red meat eaters)  
Baked Potatoes with Topping Bar (Bacon, Cheddar, Sour Cream, Scallions, Green Chilis, Butter) and Blanched Broccoli  
S'mores Brownies & Coconut Macaroons (GF/no lactose)

## **Sunday Breakfast**

Coffee & Tea with accoutrements  
Chorizo & Sweet Potato Hash with Scrambled 'Eggs' (Vegan)  
Yogurt & Berries with Granola (Coconut Milk Yogurt for Vegans)  
Carrot-Zucchini Muffins and Whipped Cream Cheese  
Hard-Eggs  
Fruit Bowl with Apples, Bananas and Oranges/Seasonal Citrus

## **Sunday Boxed Lunch**

Falafel, Crudités, Quinoa Tabbouleh (one no tomato), Tzatziki (vegan), Hummus & Pita

Each meal to be served with Spa Water and Iced Tea