



Topia Retreat Sample Retreat Menu

*This menu is a sample of what is frequently served at Topia. Final menu will be submitted for approval approximately 2 weeks prior to your event and will be modified to meet any dietary needs requested (gf, VG etc).

Alcohol & Pool Service - We have pool service and a cash bar daily from 3-8pm that includes sodas, beer, wine, & margaritas.

The bar is cash only and may be settled after service or at the end of your stay. Leaders have the option to cover the cost or have your guests pay for their drinks.

* Please know we are fully aware of your guests allergies & restrictions and we will make adjustments necessary in every meal.

DAY 1 - FRIDAY

3-5 pm/ Snack: Guacamole, Salsas, Chips, Crudite & Seed Crackers

6:30 pm Dinner: Fish in fine herbs & roasted green beans in romesco.

*Cauliflower in fine herbs as protein substitution.

Dessert: Churros with chocolate or sorbet

DAY 2 - SATURDAY

7-9 am Continental Breakfast (Coffee, tea, yogurt, fruit & granola)

11am Brunch - Chilaquiles Bowl with Egg or tofu

3 pm/ Snack: Veggie Tamalitos

6:30 pm/ Dinner: Chiles rellenos, with beef or quinoa, Mexican Salad & rice with corn.

Dessert: Chocolate cake meets all restrictions



DAY 3 - SUNDAY

7-9 am Continental Breakfast (Coffee, tea, yogurt, fruit & granola)

11am Brunch: Avocado toast with scramble eggs or chickpeas

3 pm Snack: Ceviche & Tropical Vegan Ceviche with homemade Totopos

6:30 pm Dinner: Chicken Mole or Zucchini as protein substitution, with broccoli & quinoa pilaf

Dessert: Vegan Cheesecake

Day 4 - MONDAY

7-9 am Continental Breakfast (Coffee, tea, yogurt, fruit & granola)

11:00 am - Brunch Veggie Frittata & Salad

3 PM Snack - Veggie Quesadillas

6:30 pm Dinner: Fish a la veracruzana with rice and salad

*Eggplant as protein substitution.

Dessert: Strawberries and cream, meets all restrictions

DIA 5 - TUESDAY

7-9 am Continental Breakfast (Coffee, tea, yogurt, fruit & granola)

11AM - Topia Local Organic Bowl

3 PM Snack: Hummus, pita bread and crudite.

6:30 pm/Dinner - Taco Fiesta

Dessert: Sorbet

DAY 6 - WEDNESDAY

7-9 am Continental Breakfast (Coffee, tea, yogurt, fruit & granola)

9 am Breakfast Burritos