



Information about meals during our mid-year catered retreat

Our Chef is Tamara Chernih from Brisbane. Tamara is an experienced private chef. She has been our chef for a number of retreats at Anam Cara and all who have attended have delicious memories of the food. All meals are gluten free and are vegan.

Breakfast is served beach side after sunrise meditation. A fresh vegetable juice is included with breakfast. These juices are great tonic because they are easy to digest and are full of necessary vitamins and minerals. The middle of the day is when our digestive fire is strongest, so the protein meal, with more complex elements is provide at lunch time. Dessert accompanies the day time meal. The evening meal is always a tasty soup with flat bread. This meal is intentionally 'light' so that the body is not burdened with digestion as it approaches the rest phase.

There is a variety of hot drink options provided at each meal.

Lunch time on retreat at Anam Cara





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Example of our retreat menu

Day 1

Dinner

Pumpkin Soup with a hint of Thai Green Curry

Dessert

Sticky Date Pudding with Caramel Sauce

Day 2

Breakfast

Oatmeal with Bananas, Maple Syrup and Cinnamon

Lunch

Soba Noodle, Shredded Vegetables with Marinated Tofu and a Miso Broth

Dessert

Lemon Cheesecake

Dinner

Lentil Soup, Roasted Cauliflower, Eggplant Relish

Day 3

Breakfast

Quinoa Pudding with Berries, Flaxseed

Lunch

Falafel Plate- babaganoush, pickled zucchini, tomato cucumber salad, yoghurt dressing,

Dessert

Warm Apple Crumble with Custard

Dinner

Basil Zucchini Soup



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Day 4

Breakfast

Steel Cut Oats, Raisins, Toasted Almonds

Lunch

Root Vegetable and Brown Rice Croquette Salad

Dessert

Raspberry Crème Friande

Dinner

Warming Laksa finished with coconut milk

Day 5

Breakfast

Warm Chia Porridge with Poached Pears

Lunch

Pumpkin Salad with Quinoa and a Tahini Dressing

Dessert

Choc Pecan Fudge Slice

Dinner

Minestrone

Day 6

Breakfast

Oatmeal and fruit salad

Lunch

Mexican Nourish bowl-
Brown Rice and Beans, Roasted Sweet Potato, Guacamole, Roasted Broccoli and fresh cucumber and tomato salad.

Woodgate Beach Yoga

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Dessert

Coconut Pannacotta

Dinner

Lentil Soup with Tomato

Day 7

Breakfast

Steel Cut Oats with stewed rhubarb and apple

Lunch

Indian Vegetable Curry

Dessert

Flourless Chocolate Cake with a Raspberry Compote

Sunrise, just before a yummy beach side breakfast

