

RETREAT MENU OFFERINGS

BREAKFAST

Oatmeal On The Run

Rollled oats, raisins, walnuts, cinnamon and cacao nibs mixed with nut milk and stored in the refrigerator overnight for a grab and go breakfast

Traverse City Cherry Granola

Oats, coconut, pecans, dried cherries, flaxseeds, maple syrup, coconut oil, honey, vanilla extract topped with homemade nut milk

Mint Chocolate Chip Smoothie

Fresh mint, cacao nibs, bananas, coconut water, hemp seeds, pumpkin seeds, spinach and shredded coconut blended together for a taste you'll love

Spinach Feta Quiche

Cage-free eggs, feta, cheese, spinach, tomatoes on an organic pie crust

Chicken Sausage & Veggie Quiche

Cage-free eggs, organic Italian chicken sausage, mushrooms, green onions, bell peppers, asiago cheese on organic pie crust

DINNER

Chicken Satay

Lime marinated chicken, grilled to perfection, served with a delicious peanut sauce and paired with roasted brussels sprouts & organic basmati fried rice

Bison Burgers

Grilled bison burgers served on a Portobello mushroom bun with sweet potato fries and green goddess salad

White Bean Chicken Chili

White norther beans, salsa, chicken broth and organic chicken topped with organic goat cheddar cheese and blue corn tortilla chips

LUNCH

Black Bean Mango Salad

Black beans, organic corn, bell peppers, avocado, mango, green onions mixed with lime balsamic vinaigrette and topped with organic corn tortilla chips

Awesome Chicken Salad

Avocado mayo, curry powder, organic chicken, black wild rice, walnuts and cranberries served on a coconut wrap

Lettuce Wraps

Organic ground chicken, onions, mushrooms, water chestnuts mixed with sesame teriyaki sauce and topped on a lettuce wrap

DESSERT

Fruitlicious Upside Down Cake

Date-pecan crust stuffed with fresh berries (#1 retreat favorite)

Oatmeal Raisin Cookies

Who knew healthy could taste so good?

SNACKS

Honey Flax Energy Bites

Oats, raisins, organic cane sugar, organic unbleached white whole wheat flour, coconut oil, and all your favorite things in one cookie

Build Your Own Trail Mix

Mix and match a variety of energizing superfoods like dried fruits, nuts, and seeds along with calming magnesium rich items like cacao nibs, figs, and dates

Coconut Oil Kettle Corn

Organic corn kernels popped to perfection and drizzle with virgin coconut oil, agave nectar, & cinnamon