

# Chittering Valley Retreat

CONFERENCE & RETREAT VENUE

## M E N U



### **Breakfast**

Fresh Seasonal Fruit Platter  
Housemade Muesli  
Yoghurt or Chia  
Toast with Preserves and Savoury Accompaniments  
Chittering Valley Orange Juice

### **Lunch**

Classic Chunky Minestrone Soup with Fresh Sour Dough and Salad  
Raw Chocolate Tart

### **Dinner**

Zucchini Hommus and Crudites  
Middle Eastern Millet Pilaf with Roasted Vegetables & Coriander Hazelnut Pesto  
Spinach, Orange & Parsnip Salad  
Pear & Almond Clafoutis

All food is freshly prepared on site, using organic ingredients and is free from preservatives, additives, flavours and colours wherever possible.

A fresh fruit bowl, herbal teas and coffee are available at all times.  
Morning and afternoon teas can be served at an additional cost.