



VALINOR MENU

~ Please choose the same Meal for your entire group unless by Special Arrangement ~

BREAKFAST

Delivered to the Cabin Fresh in a Breakfast Basket to prepare fresh for yourself.

-Milk of Choice included & served with Juice & Fresh Ground Coffee for French Press -

- Muesli with Yoghurt – Honey & Banana, OR Vanilla Chia Coconut Breakfast Pudding (GF & V)

Served with Blueberry Muffins with Butter & Jam OR Mediterranean Muffins with Butter (GF available)

- Fresh Baked Onion Bread with Herbed Butter, Guyra Truss Tomatoes, Pesto & Vintage Cheese.

Served with Fresh Fruit.

LUNCH & DINNER

- Thai Red Vegetable Curry with Brown Rice (Medium Spicy-GF V)
- Thai Coconut Vegetables with Brown Rice (No Spice-GF V)
- Zuppa Di Faggioli (Spinach White-bean Soup) with Home-baked Italian Herb Bread & Butter (V & GF available)
- Hearty Lentil & Vegetable Soup with Home-baked Herb & Garlic Bread (V) (GF available)
- Warm Roast Pumpkin and Walnut Salad with Baby Spinach & Honey & Dijon Vinaigrette (GF) with Halloumi or Chicken.
- Fettuccine with Garlic & Parsley Pesto, Feta, Olives & Sun-dried Tomato (GF & V available)
- Glowing Buddha Salad Bowl (GF V)
- Rainbow Wrap (V & GF available)
- Savoury Platter (V & GF available)

DESSERTS

- Ayurvedic Spiced Rice Pudding (V & GF)
- Apple Crumble (GF & V available)
- Citrus Marinated Fresh Fruit (GF & V)
- Lavender Chia Pudding with Blueberries (GF & V available)
- Cherry Berry Parfaits with Greek Yoghurt & Home Made Chocolate Sauce (GF)
- Coconut Sago Pudding with Banana (GF & V)
- Almond Slice (GF)
- Cinnamon Tea Cake (GF available)
- Apple Spice Cake (GF available)
- Lemon Tea Cake (GF available)
- Mini Savoury Platter (GF & V available)
- Fresh Fruit

~Desserts Served with Cream, or Coconut Cream or Ice-Cream~

MORNING/AFTERNOON TEA

All Served with Beverage of Choice

