

Riverslea Retreat

He whenua onemata hei huinga kahurangi
A natural place for groups to meet,
work and relax together



SAMPLE MENU

Lunch

**Each option served with Green Salad,
Home-made Bread and Home-made
Pesto/Spread**

Mediterranean Lunch – Antipasto

Feta cheese, sundried tomatoes, kalamata olives, roasted- capsicums, aubergine, mushrooms, tomato, cucumber and Focaccia bread

Middle Eastern Meze

Ricotta & Chard Filo Parcels, Quinoa Tabbouleh, Roasted Beetroot Salad, Hummus, Spicy Roasted Carrot Dip and Pita bread

Fill your own Home-made Bread Rolls

toppings incl tomato, cucumber, cheese, carrot/egg & mayo, beetroot dip, hummus, pesto and sundried tomato tapenade.

Japanese Inspired Lunch Nori (seaweed) Rolls and Vietnamese Rice Paper Rolls

with Tamari Ginger Dipping Sauce, Miso Soup and Red Cabbage/Carrot Sesame Coleslaw

Continued >>>

Pizza

toppings including roasted red capsicum, zucchini, kalamata olives, capers, artichokes, tomato and home-made mozzarella cheese

Courgette & Parmesan Tart

Choose salad from list below

Flat Potato Bread with Feta, Olives and Rosemary

Choose salad from list below

Soup and Salad

choose 1 soup and 1 salad
from options below:

Soup Options

- Carrot & Coriander Soup
- Thai Pumpkin & Kumara (seasonal)
- Cream of Mushroom
- Cream of Tomato (seasonal)
- Miso Soup
- Mediterranean Vegetable Soup
- Roasted Root Vegetable Soup
- Borscht (Polish Beetroot Soup)

Continued >>>



Salad Options

Greek Salad

Tabbouleh

Roasted Pumpkin & Feta

Red Cabbage/Carrot/Hazelnut Coleslaw

Crunchy Carrot Salad (with walnuts & yoghurt)

Warm Beetroot & Asparagus

Chickpea, Beetroot & Nut Salad

Carrot and Sesame Salad

Warm Asparagus & Potato Salad

Quinoa with Land cress and Mint

Mediterranean Lima bean salad

Brown Rice Salad

BREADS

Focaccia (with Rosemary & Sea Salt)

Walnut Bread

Flatbread (with Onion & Rosemary)

Southern Corn Bread

Socca Bread (GF, V)

Buckwheat & Rice Flour Bread (GF, V)

Irish Soda Bread

Mixed Seed Bread Rolls

Cheese or Plain Scones

SPREADS/DIPS

Riverslea Herbal Pesto

Sundried Tomato Tapenade

Hummus

Roasted Garlic Aioli

Roasted Spicy Carrot Dip

Roasted Beetroot Dip

V = Vegan, GF = Gluten Free, DF = Dairy Free