



Yoga & Wellness Retreat

Menus



Welcome Reception

Kombucha Bar & Hors d'oeuvres

Homemade kombucha tea, with white currant, Bing cherry, and gooseberry syrups canned at Cave B, and a variety of herbs from the Chef's garden to mix and match to taste. Passed Hors d'oeuvres include Edamame Tapanade, Seared Scallop and Porcini on Heritage Romaine, Ginger Duck Wonton, Shiitake Nigiri, Kobe Skewers with Caramel Soy and Shiso and Grilled Prawns with Apricot Namasu

Healthy Start Breakfast Buffet

Healthy Start Breakfast Buffet

Fresh gourmet fare and a "Green Action" smoothie station featuring traditional fruit smoothies as well as healthy and delicious veggie-inspired smoothies with ingredients such as green kale, apple, ginger and spirulina

Spa Lunch

Saffron Scented Lobster Consomme

Grape Vine-Smoked Free Range Chicken on Chanterelle Farfalle
Seckle Pear Tartlet topped with Ginger Ice Cream

Saturday dinner and Sunday breakfast are at your leisure. Come join us in Tendrils Vineyard Restaurant on your own schedule, for delicious, seasonal fare from Executive Chef Bear Ullman and his talented Tendrils team.

