

All day Menu Unleashed 19th of Nov 2016

- **Arrival food**

Mini banana and coconut muffins - **GF/DF**

Bowl of whole fruits – strawberries and grapes – red and green

- **Buffet Lunch**

Quinoa, Almond and Mint salad – Feature Salad - **GF/DF/Vegan**

Roasted mixed vegetables with **green herb dressing** (pumpkin/sweet potato/carrot/zucchini/mushrooms/capsicum/eggplant/slow roasted sumac tomatoes - **GF/NF/DF/Vegan**

Large mixed lettuce salad with fresh herbs – dressing on the side – **GF/NF/DF/Vegan**

Sunflower seed falafel (small) w/lettuce and tahini dressing – **GF/DF/Nut Free/Vegan**

Halloumi Veggie burgers (small) with tahini dressing – **GF/Nut Free/Vegetarian**

Grilled marinated chicken- **GF/DF/NF**

Gazpacho – Spanish raw vegetable soup served cold -**GF/DF/NF Vegan RAW**

- **Afternoon Tea**

+ Raw choc brownie bites – **GF/DR/Vegan/Raw**

+ Indian Cardamom & Sesame squares - **GF /Vegetarian**

+ Dip(s) with raw veggies (carrot/cucumber/baby capsicum/radish/celery)