



Mind Body

NUTRITION



Wholefood Retreat Nourishment

I create nourishing, wholefood meals utilising the freshest of local and seasonal produce, with the intention to compliment your wellness retreat.

I understand that each individual retreat has its own unique needs - whether it be due to your daily activities, the season, or the duration of your retreat - therefore different foods are required to nourish your guests in a way that they will get the most out of their retreat experience.

All meals are cooked onsite at your retreat venue, created with love, from scratch, by myself - Danielle, an accredited Holistic Clinical Nutritionist - with the sole intention to nourish and heal from the inside out.

I weave my knowledge around utilising the healing wisdom of Food as Medicine throughout your retreat and encourage your guests curiosity and questioning around all things food and nutrition as I cook for you all.

All of the food is:

- ~ Locally sourced, fresh and organic where possible
- ~ Gluten free
- ~ Refined sugar free
- ~ Soy and Corn free
- ~ Able to be adapted to cater to all dietary requirements
- ~ Cooked with cold-pressed olive oil, coconut oil or ghee. No inflammatory, processed seed/vegetable oils are used.
- ~ Predominately plant-based and dairy free, except for the use of ghee, grass-fed butter, yoghurt, goats cheese and eggs.

*Note - Catering can be 100% vegan where requested, or alternatively there is also the option to add in a meat dish at either lunch and/or dinner for an additional cost of \$5 per person per meal.

CATERING PRICES

\$80 per person per day (Full Catering)

Minimum 8 persons (or 15% surcharge added)

Half days (First and Last) will be calculated per meal

Whats included (Full Catering):

- ~ 3x Nourishing wholefood buffet/feast style meals per day (Breakfast, Lunch and Dinner), predominately plant-based with plenty of vegan options and the option to add in meat dishes.
- ~ Afternoon tea
- ~ Fresh seasonal fruit available to snack on all day
- ~ Dessert
- ~ Herbal tea station set up all day
- ~ Set up/clean up of kitchen/dining area at each meal time, including creating an ambient and aesthetically pleasing dining experience for your guests.
- ~ Local travel within 30km of Dunsborough

Additional Costs for Half Days:

(or individual meal prices to build your own daily package where full catering is not required).

- ~ Arrival Platter \$15 pp
- ~ Breakfast \$25 pp (which also includes morning digestive elixir, fresh juice or smoothie and herbal tea station left out all day)
- ~ Lunch \$22 pp
- ~ Afternoon tea \$12 pp
- ~ Dinner & Dessert \$28 pp
- ~ Adding meat to meal \$5 pp
- ~ *Note a small travel cost may be required when over 30km from Dunsborough

MEAL EXAMPLES

Morning digestive elixir of apple cider vinegar, fresh lemon, ginger, turmeric & black pepper and herbal tea station.

Breakfast (A different selection of hot/cold & sweet/savoury options daily)

Fresh smoothie or cold-pressed juice

GF Sourdough `w Condiments

Hot option examples - Shakshuka or Nasi Goreng or Scrambled Eggs `w Garlic Mushrooms & Roasted Balsamic Tomatoes

Cold option examples - Granola or Chia pudding / Berry Compote / Stewed Apples & Pears / Seasonal Fruit / Coconut Yoghurt

Lunch (includes 1-2 different types of salads and/or 1-2 cooked dishes plus condiments)

Roasted Root Vegetable and Pine Nut Salad / Broccoli, Quinoa and Kale Salad / Buckwheat Pesto Pasta Salad / Zucchini Fritters / Chick Pea Felafels / Roast Pumpkin Hummus

Afternoon Tea (1x sweet and 1x savoury option daily)

Banana Zucchini Loaf / Bliss Balls / Seasonal Fruit / Veggie Sticks and Hummus / Trail Mix / Seed Crackers

Dinner

Option to have a different theme cuisine for each night such as:

Pasta - Eggplant & Sweet Potato Lasagne / Lentil bolognese / Lemon & Garlic Roast Asparagus / Marinated Tomato Salad

Mexican - Chipotle Sweet Potato / Salsa / Guacamole / Mexi Beans / Notzarella

Asian Fusion - Mushroom Miso Broth / Gado Gado / Crunchy Asian Slaw /

Nasi Goreng

Indian - Dahl / Eggplant Tikka Masala / Cucumber Raita / GF Naan

Dessert (1 option each evening)

Avocado Cacao Mousse / Apple Crumble / Raw Berry 'Cheesecake' / Orange & Almond Cake

CANCELLATION POLICY

A \$250 deposit is required upon booking.

Deposit is 100% refundable up until 4 months prior to your retreat commencing - Full refund and no further payment required.

Cancellation within 4 months and up to 3 weeks prior to retreat commencing - Loss of deposit (in the event of postponement deposit may be transferable to future dates dependent on availability).

Full payment required 3 weeks prior to retreat commencing (*dependant on current numbers - additional persons may be added and invoiced separately up until 48hrs prior to retreat commencing).

Cancellation within 3 weeks and up to 1 week prior to retreat commencing - refund of 50% of full payment only issued.

Cancellation within 1 week of retreat commencing - refund of 25% of full payment only issued.