

# Fathers day

FEAST AT THE INN

## SALADS

Wheat Free Organic Pasta, Salads, Roast Potatoes with Rosemary Olive Oil. Most are Vegetarian and Dairy free. All of our greens, and most vegetables, are organic from local farms. Dressings are either olive, sesame or palm oils.

## HOT ENTRÉES

● Warm Brown Rice with avocado, dried sea vegetables, garlic chips, sesame seeds, Braggs liquid amino acids ● White Bean and Cabbage Stew with swiss chard, kale ● ♦ Red and Purple Herb Roasted Potatoes ● ♦ Creamy Polenta with Fresh Spring Peas, Pea Tendrils, Mascarpone Cheese, Ratatouille ● ♦ Vegan Duck with Chinese Five Spice, Braised Fennel, Brandied Cherry and Violet Mustard Gastrique ● Asparagus, Red Bell Pepper Tofu Quiche ■ Broccoli Almond Quiche ■ Crab Quiche ■ ♦ Scrambled Eggs with Smoked Salmon, Goat Cheese and Spring Onions ■ ♦ Grilled Turkey Sausage with Curried Fennel, Onion, Apple and Calvados ■ ♦ Seared Fijian Albacore with Soba Noodle Cakes ■ ♦ Roast Boneless Naturally Raised Leg of Lamb with Rosemary and Roasted Garlic Rub ■ ♦ Barbequed Chicken

## RAW FOOD BAR (UNCOOKED AND/OR DEHYDRATED ORGANIC FOODS)

● Lasagne, ● Assorted Salads, ● Strawberry Blackberry Cobbler

## FISH BAR

Poached Salmon, Alaskan King Crab Claws, Shrimp, Fresh Dill Sauce

## WAFFLE BAR

Organic Strawberries, Blackberries, Pure Maple Syrup, Meyer Lemon Crème Fraîche and Fresh Real Whipped Cream

## BAGEL BAR

Three Cream Cheese Spreads, ● Tofu Cream Cheese, Gravlox, ● Black Bean Hummus, ● Garbanzo Hummus ■ Chicken Liver Paté

## FRUIT BAR

A Fresh Selection of Seasonal Fruits, Granola and Yogurt

## PASTRY BAR

● ♦ Apple Persimmon Cake ● Cherry Crisp ● Fruit Sweetened Carob Brownies & Fruit Cakes ● Tofu Cheesecake with Fresh Berry Topping ■ English Trifle with Maple Syrup and a Strawberry, Raspberry Filling ♦ Corn Rosemary Muffins ■ Pecan Cherry Squares with Pure Maple Sugar ■ Fresh Fruit Marzipan Square ● Whole Wheat Cinnamon Buns ● Fat Free Pumpkin Scones ● Stone Fruit Tart Squares with Whipped Spiced Tofu or Real Whipped Cream ■ Traditional English Scones with Fresh Real Whipped Cream and Organic Strawberry Jam ● ♦ Date Nut Squares ♦ Lemon Ricotta Squares

● Vegan ♦ Wheat Free

VEGETARIAN 41 FULL 44

Juices, Beverages, Coffee and Tea Not Included

