



Arrival day

Welcome Dinner:

- Whole lentil biryani, organic arugula-beet salad, yogurt cucumber raita.

Day 1

Breakfast:

- Scrambled eggs and toast
- Granola with nuts, plain yogurt, fruits, local bread, jams and baked goods.
- Coffee and Tea (herbal/black/green)

Lunch:

- Buddha bowl: kale-quinoa salad, mixed greens, sweet potatoes, hummus, beets, black-beans, salmon cakes

Dinner:

- Tofu with stir fry vegetables (broccoli, parsnips, bell peppers, sweet peppers, bok choy) and Thai-style peanut noodles

Day 2

Breakfast:

- Avocado-white bean toast with soft boiled eggs
- Granola with nuts, plain yogurt, fruits, local bread, jams and baked goods.
- Coffee and Tea (herbal/black/green)

Lunch:

- Acorn squash soup, tempeh Bahn mi(sandwich)

Dinner:

- Mushroom Paneer curry, dal fry, Cumin rice with broccoli

Departure day

Departure Brunch:

- Scrambled eggs, black bean patties, roasted Gilfeather turnips (VT state vegetable)
- Granola with nuts, plain yogurt, fruits, local bread, jams and baked goods.
- Coffee and Tea (herbal/black/green)

Notes:

- Specialty coffee and juice menu available for purchase 8am to 10am and 2pm to 4pm