

Ireland Yoga Adventure Retreat

with Andrea Robertson

Sept. 13th-20th

Sample Menu by Chef Amy Longard

Early morning

- Cranberry Chia granola, yogurt, trail mix & fresh fruit
(vegan and gluten free option)

Breakfast

- Buckwheat blueberry pancakes with coconut bacon
(vegan/gluten free)

Lunch

- Curried squash and red lentil soup with parsnip hummus and garlic greens sandwich (vegan/gluten free option)

Dinner

- Tempeh Bolognese with Caesar salad (vegan/Gluten free)

Desert

- Bliss Balls

