



MENU

Morning Snack & Refresher

Apricot and Pumpkin Energy Bars

Blackberry and Vanilla Chia Seed Parfait

Beet & Apple Spritzer – Juiced Beet and Okanagan Apples with Celery. Ginger and Sparkling Mineral Water

Lunch

Almond Crusted Supreme of Chicken, Rice Vermicelli with Local Fall Vegetable Salad, Miso Vinaigrette

Afternoon Snack & Refresher

Seaweed Snack – Nori Sheets Baked with Non GMO Canola, Nutritional Yeast Himalayan Salt

Citrus and Turmeric Herbal Tea

Dinner: Alberta-Inspired, 3-Course

Fennel and Turmeric Roasted Carrots, Cashew Cream and Puffed Grains with Sumac

Grilled Alberta Beef Tenderloin Fillet, Winter Squash Puree, Braised Kale, Gremolata and Beef Reduction

Coconut Milk and Mob Honey Panna Cotta with Stewed Strawberries, Blueberry Pearls and Oat Streusel

Drink: Elderberry Shrub refreshment

Vegetarian Options

Lunch: Grilled Tofu, Rice Vermicelli & Autumn Vegetable Salad, Miso Vinaigrette

Dinner: Roasted Sweet Potato Fillet, Braised Kale, Winter Squash Puree, Red Curry Jus, Chimichurri