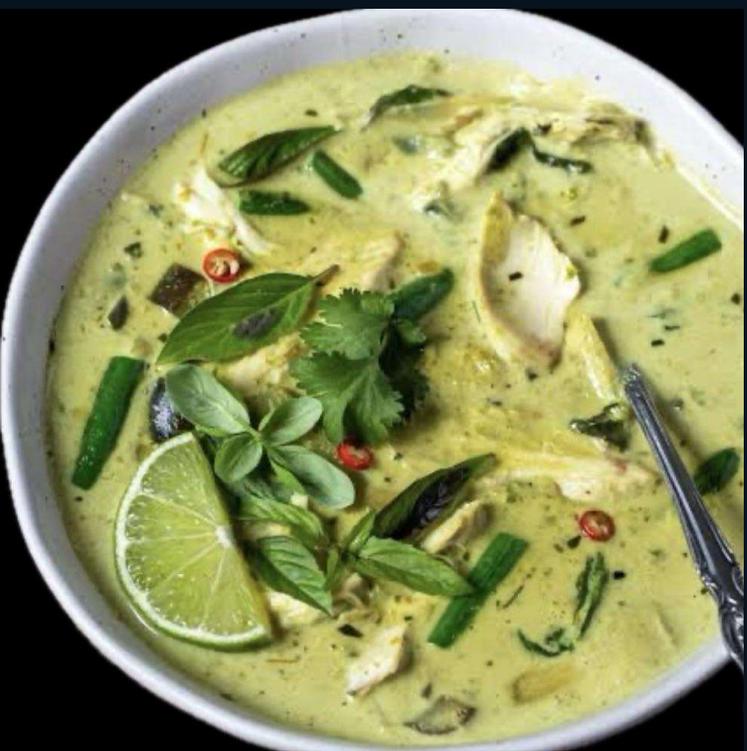




Ferguson Valley Escape Spring Menu

2025/2026





NIGHT 1 SETTLE IN 'COMFORT MEAL'

*Veggie, vegan & meat options
GF/DF/VeG/V

*CHOOSE ONE OPTION PER MEAL

Main

◦ Fragrant MILD Thai PUMPKIN & CHICKPEA CURRY in COCONUT CREAM & AROMATIC HERBS on GARLIC ginger rice

*VeG/V/GF/DF

OR

◦ Thai Green CHICKEN CURRY DF/GF on GARLIC rice

◦ Asian SALAD WITH MINT, CORIANDER & CRISPY NOODLES

◦ Pan BAKED ROTI BREAD & GF ROTI

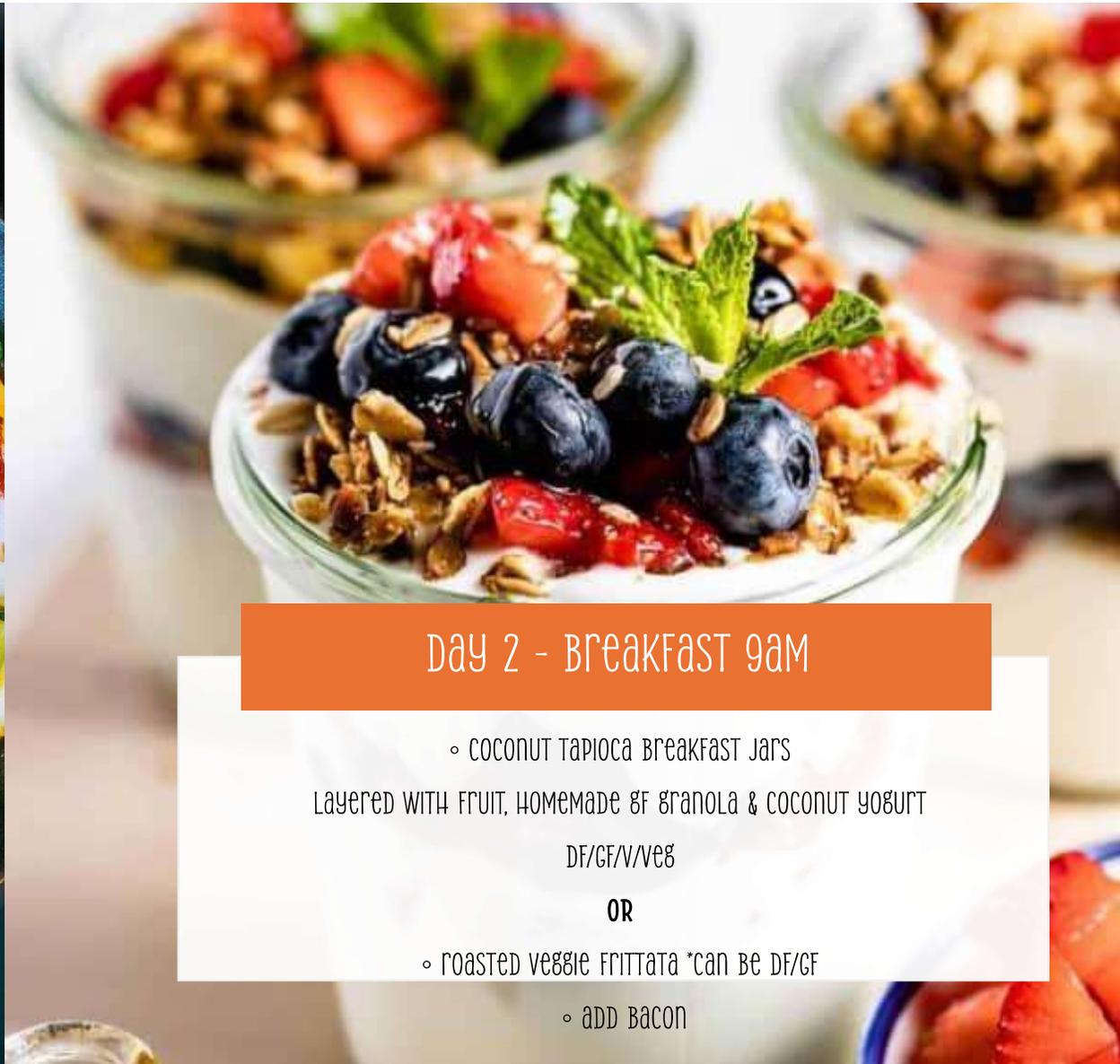
OR

THAI BEEF SALAD WITH ASIAN veg & ZESTY LIME sesame, HONEY, SOY Dressing

DESSERT

◦ COCONUT, LIME & LEMONGRASS Pannacotta WITH a Mango, CHILLI, KAFFIR LIME, LEMONGRASS COULIS - DF/GF/V/VeG





Day 2 - Breakfast 9am

- COCONUT TAPIOCA BREAKFAST JARS
Layered WITH FRUIT, HOMEMADE GF GRANOLA & COCONUT YOGURT
DF/GF/V/VEG
- OR
- ROASTED VEGGIE FRITTATA *CAN BE DF/GF
- ADD BACON

Day 2 – LUNCH 1PM

◦ CRISPY FRIED TOFU WITH HOMEMADE SATAY SAUCE

OR

◦ PAN GRILLED CHICKEN WITH SATAY SAUCE

SERVED ON ASIAN SLAW WITH PINEAPPLE, BEAN SHOOTS,
MINT, CORIANDER, PEANUTS & CRISPY NOODLES WITH ASIAN
DRESSING

VEG/V/DF/GF

OR

◦ CHICKEN/BEEF/SALMON/VEGGIE

TERIYAKI POKE BOWLS GF/DF/VEG/V



Day 2 - Dinner 6/30PM

◦ Tex Mex Bowls (with meat chilli con carne) & Mexican pick n mix condiments, charred corn, red pepper/tomato salsa, guacamole, mild spiced beans & herbed sour cream GF/DF/Veg

OR

◦ Chicken Saltimbocca in a butter white wine sauce with smashed potato's and buttered almond broccoli GF

DESSERT

◦ Cinnamon, star anise & cardamon poached pears with a coconut yogurt & mint sauce DF/Veg/V/GF

OR

◦ Roasted, balsamic drizzled honey figs with melted goat's cheese & thyme & mint (*seasonal)

Veg/GF

◦ Or Chargrilled pineapple with mint Salsa

DF/Veg/V/GF





Day 3 - Breakfast 9am

- Mango & Fruit Smoothie Bowl DF/Veg/V/GF
- OR
- Home Made Banana & Date Loaf with Coconut Yogurt & Caramelised Bananas
- Can Be DF/GF

Day 3 - LUNCH 1PM

- VEGAN TOFU & VEGGIE POKE BOWL

DF/VEG/V/CF

OR

- WATERMELON & VEGGIE POKE BOWL

DF/VEG/V/CF

OR

- MIDDLE EASTERN OVEN ROASTED VEGGIE QUINOA OR PEARL COUS COUS SALAD WITH FLAKED ALMONDS & ORANGE CITRUS, MINT & YOGURT DRESSING

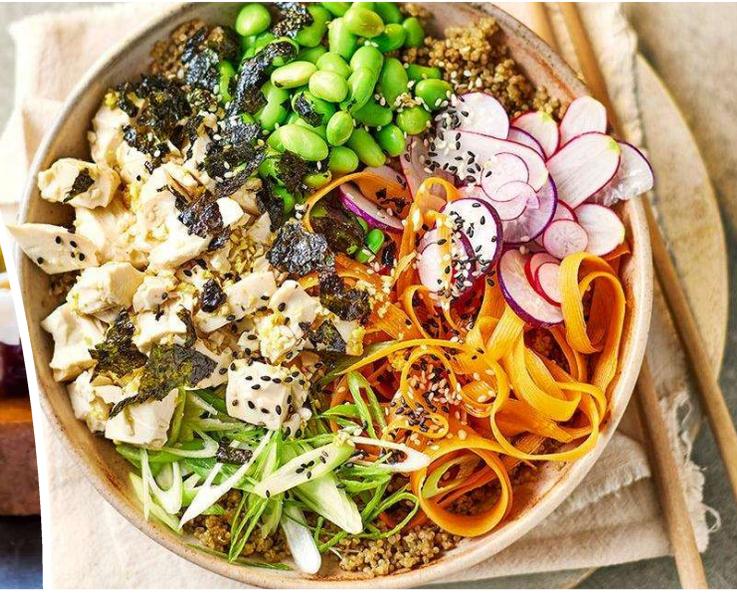
DF/VEG/V/CF

- ADD MIDDLE EASTERN MOROCCAN SPICED CHARGRILLED CHICKEN

OR

- ROAST SWEET POTATO WITH A VEGAN LEMON COCONUT YOGURT WHIP, TOPPED WITH ROCKET, DATE & CASHEW CRUMBLE

DF/VEG/V/CF





Day 3 – Dinner 6/30PM

- Pumpkin gnocchi with fresh basil pesto sauce, rocket, goats' cheese, parmesan & pinenuts – (veggie)
- OR
- Creamy mushroom, mustard, garlic, parsley & goats cheese pasta with parmesan- (veggie)
- OR
- Oven roasted sweet red onion, tomato & chargrilled red pepper veggie pasta with Zoodles and/or pasta – (DF/Veg/V/*Can be GF)
- OR
- Slow roasted lamb or silverside on Paris mash & roasted veg with horseradish crème fraiche sauce (GF)

Day 3 - Dinner -
Dessert



◦ Blueberry Lemon
Cheesecake

DF/Veg/V/*can be GF

OR

◦ Orange or rhubarb
Crema Catalana

Can be DF/Veg/GF

OR

◦ STRAWBERRY
TAPIOCA PUDDING

DF/Veg/V/GF



Day 4 - Breakfast 9am

CONTINENTAL PICK AND MIX BREAKIE BOWLS WITH FRUITS, YOGURTS, COMPOTES, GF GRANOLA & COCONUT SAGO

OR

CHIA & TAPIOCA PUDDINGS TOPPED WITH FRESH FRUIT



MENU PHILOSOPHY

EVERYTHING WE COOK IS HOME MADE WITH **Love, passion, and care.**

WE FOCUS ON CREATING **HEALTHY, DELICIOUS, AND NUTRITIOUS MEALS** THAT DELIGHT THE TASTE BUDS, NOURISH THE BODY, AND WARM THE HEART.

WE CATER TO **LEGITIMATE ALLERGIES**, SUCH AS **COELIAC DISEASE**, AND WE ALSO PROVIDE **GLUTEN-FREE, DAIRY-FREE, AND VEGAN OPTIONS** FOR YOUR CONVENIENCE.

PLEASE CHOOSE **ONE MEAL OPTION FOR THE ENTIRE GROUP.**

WE'RE UNABLE TO PREPARE SEPARATE MEALS FOR INDIVIDUAL DISLIKES, AS THIS HELPS US MAINTAIN **EFFICIENCY, QUALITY, AND AFFORDABILITY.** IF A SELECTED MEAL ISN'T SUITABLE FOR A GUEST, THEY ARE WELCOME TO **BRING THEIR OWN MEAL.**

PLEASE NOTE THAT WE **DON'T PROVIDE SNACKS IN BETWEEN MEALS**, SO FEEL FREE TO BRING SNACKS IF DESIRED