

# A' GRAZEN THYME

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Retreat Catering 2025/2026



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# WELCOME

As a Wellness Retreat Chef, I am deeply committed to the power of whole, unprocessed foods and the profound healing they bring. I focus on creating menus with organic, seasonal ingredients sourced from local growers who prioritize sustainability and regenerative agriculture.

By aligning with the earth's natural rhythms, we reconnect with the unique gifts of each season, fostering a deeper sense of well being and balance. This connection to nature supports both nourishment and healing on every level.

The importance of eating seasonally and organically not only sustains natural food systems, it also supports our body's innate intelligence to heal, grow, and thrive. During retreat, I can share the deeper why behind each meal explaining the differences between conventional and organic food, and how these choices impact our endocrine system, vitality, and overall health.

My journey is rooted in the belief that food is far more than fuel it is a vital link to the land, the changing seasons, and the cycles of life. Through vibrant, seasonal menus, I aim to nourish body, mind, and spirit, offering a holistic approach to wellness that complements the unique energy and intentions of each retreat.

Together, we'll savor not just the meals,  
but the journey of reconnecting  
with the natural world, one retreat & bite at a time.

Love & Light  
Lorraine



# RETREAT CATERING OFFERINGS

MENU CHOICE BETWEEN A PLANT-BASED WHOLEFOOD MENU OR A PALEO-INSPIRED MENU  
FEATURING HIGH-QUALITY ORGANIC PROTEINS AND SEASONAL PRODUCE.

## Offering 1

### Day 1: Friday

- Hand made cacao Chocolates & Bliss ball gift box per guest
- Welcome Platter & Non alcoholic cocktails
- Whole Food Dinner

### Day 2: Saturday

- Yoga Snack
- Cooked or Light & nourishing Breakfast
- Whole Food Lunch
- Whole Food Dinner
- Naturally Gluten, dairy & sugar Free Cakes dessert supplied after Lunch

### Day 3: Sunday

- Yoga Snack
- Cooked or light & nourishing Breakfast or Brunch

### Available & accessible at all times for guests

- Infused Filtered Water stations
- Kombucha at main meal times
- Organic raw Nuts
- Celtic Salt
- Cacao Ceremony & Assorted Infused Teas
- Activated organic Almond Milk
- Organic Schultz Milk
- Nourishing bone broth on arrival after morning walks

## Offering 2

### Day 1: Friday

- Welcome Platter & Infused water
- Whole Food Dinner

### Day 2: Saturday

- Yoga Snack
- Cooked or Light & nourishing Breakfast
- Whole Food Lunch & dessert
- Whole Food Dinner

### Day 3: Sunday

- Yoga Snack
- Light & nourishing Breakfast or Brunch

### Available & accessible at all times for guests

- Infused Filtered Water stations
- Organic raw Nuts
- Celtic Salt
- Activated organic Almond Milk
- Organic whole cream Milk

## Please Note:

### Yoga Snack Inclusion

- A light high protein/fructose yoga snack will be provided early each morning prior to breakfast for guests who require something small to eat before early morning movement, meditation, or yoga sessions.



# EXAMPLES OF SEASONAL MENUS IDEAS

OFFERING OPTIONS OF WHOLE PLANT-BASED, VEGETARIAN OR  
PROTEIN MEATS (PASTURE RAISED ORGANIC WILD CAUGHT)

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## **Breakfast**

### **Grilled Light & Nourishing**

- Coconut Parfait Chia Puddings
- Acai Bowls seasonal toppings
- Smashed Avocado on sourdough or paleo toast with micro greens & Dukkah

### **Cooked Breakfast**

- Shakshuka Baked Eggs with Paleo toast
- Grilled Vegetable Frittata
- Big Fry up of eggs, bacon, sauteed greens, herbed mushrooms, haloumi, smashed avocado.
- Smashed avocado, smoked salmon & micro greens
- Custom omlette with mushroom & fetta

## **Light Meals**

- Nacho Poke Bowls, Seasoned beef, sweet potato crisps, salsa & guacamole
- Vegan Earth Bowls, roasted chickpeas, quinoa and grilled seasonal vegetables w' green goddess dressing
- Healing soups - many varieties
- Green Curry either Vegetarian or protein added
- Gourmet loaded vegan Salads. Proteins optional

## **Dinners**

### **Offering 1**

- Butter chicken with cauliflower rice
- Carnival Vegetable Curry with Broccoli rice
- Slow Cooked Moroccan plant based tagine

### **Offering 2**

- Slow Roasted Rib eye steak with chimichurri & roasted root veg
- Pan Seared seafood fillets with tomato salsa
- Slow cooked Lamb Mossman curry with Broccoli Rice
- Vegan lentil & sweet Potato pies
- Wild Salmon with coconut lime sauce & sweet potato sauce

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## **Desserts**

- House Made Ice Cream
- Seasonal Fruit Crumble
- Poached Pears in coconut water
- Raw Berry Slice
- Vegan Apple Crisp
- Raw chocolate Mousse Cake

## **Snacks**

- Assorted Bliss Balls
- Date, almond butter & macadamia cacao bites
- Frozen Chocolate & almond Butter Bites
- Smoothies
- Fresh Veg & Fruit Juice

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## **Welcome Platters**

**Charcuterie boards** (vegan & protein options)

- Cashew Cheese & Dukkha
- Spiced Roasted Olives & Nuts
- Organic Nitrate Free Cured meats
- Pickled Vegetables
- Roasted Beetroot & Carrott Hummus



# NEXT STEPS

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## A Journey of Nourishment

I invite you and retreat guests to embark on a transformative journey through food, one that not only nourishes your body but also restores your mind and spirit. Each meal is crafted with intention, using vibrant, seasonal ingredients that connect you to the earth's natural rhythms.

## What to Expect:

- **Seasonal Menus:** Inspired by the cycles of nature, my menus are designed to reflect the abundance of each season. Expect fresh, local, and whole food ingredients that support sustainability and regenerative agriculture.
- **Mindful Eating:** The experience is more than just about food. It's about slowing down, savoring each bite, and being present in the moment.
- **Nourishment for Body, Mind, and Spirit:** Every dish is thoughtfully crafted to promote healing, balance, and well being. What we consume goes beyond physical fuel; it nurtures our energy and restores harmony.

## Your Next Steps:

Elevate Your Retreat with Nourishing, Seasonal Cuisine

- If you resonate with the idea of elevating your guests' retreat experience through food, I would love to collaborate with you. My seasonal, whole food menus are designed to support healing, connection, and transformation perfectly complementing the unique energy and goals of your retreat.

Get in touch and I will be happy to provide an official quotation.

- All the boring stuff, you know the Retreat Catering Terms, they are on the next page :)

Together, we'll savor not just the meals, but the journey of reconnecting with the natural world, one bite at a time.

xoxo Lorraine



#### Terms & Conditions:

- Please note, the menu provided above is a suggestive menu only, and I can offer many alternate menu offerings, way to many to add to this short list
- I am open to collaborating with you to create a menu that is entirely tailored to your retreat's unique needs and theme.

#### Booking Process:

- Once I receive your quote request via [agrazenthyme@gmail.com](mailto:agrazenthyme@gmail.com), you will receive a seasonal day menu example and a quotation, valid for 7 days. Once booking is made and confirmed your full seasonal menu will be supplied.

#### Your investment:

- Seasonal Organic Menu. Winter, Spring Summer or Autumn. Plant Based or Paleo offering Organic Proteins
- Entire Grocery Shop & Delivery of fresh, seasonal produce to the retreat location
- Preparation & Cooking of all meals on site to ensure freshness
- Cleaning & Clearing including setting up tables, dishwashing, and post meal clean up
- Exclusive On-Site Time: 48 hours from 12:00 PM Friday to Noon Sunday, unless otherwise agreed
- Retreat Venue Kitchen Inventory: Please submit a full list of the kitchen inventory upon booking. If additional equipment is required, a small hire fee may apply. Not required for The Summer House Retreat
- Dietary Preferences: While I offer Gluten-Free (GF), Vegan (V), and Halal (H) options, please note that I am not solely a gluten free or vegan kitchen. I will take all necessary precautions to minimize the risk of cross contamination, but I cannot guarantee it.
- Special Dietary Requirements: Please report all special dietary needs, especially for those with severe allergies or anaphylaxis, to ensure proper preparation and avoid cross contamination.

V = Vegan - GF = Gluten-Free - H = Halal N = Nut-Free

#### Cost Breakdown: (3 days example: Friday Dinner to Sunday Breakfast 5 meals)

- **Offering 1:** \$385.00 per person per retreat (3 days)
- **Offering 2:** \$295.00 per person per retreat (3 days)
- **Extra Meals:** \$55 per guest per meal
- Minimum of 6 guests required per retreat

#### Where any retreat exceeds 10+ guests:

- For retreats exceeding 10 guests, a kitchen assistant is required to ensure smooth service and kitchen operations. Kitchen assistant fees start from: \$600.00 per retreat (3 days)
- An additional assistant may be required for every additional 10 guests thereafter.
- Facilitator's meal: \$90 per day (offset against lodging fees), or \$50 per meal
- Delivery costs may incur when travel time exceeds 1.5 hours at \$50 per 1/2 hour plus etag costs
- Off-site lodging fees: Starting at \$225 per night and is generally supplied by the Facilitators preferably off site or in own room on site
- **Please be mindful** when scheduling retreat activities and mealtimes. To best support guest digestion, relaxation, and overall retreat flow, it is recommended that dinner service is scheduled no later than 6:00pm or prior sun set

#### Upon Booking & Payment Details:

- \$500 deposit is required to confirm and secure your retreat dates within 7 days of receiving your quote.
- Final payment must be completed 14 days prior to the retreat commencement.

#### Cancellation & Transfer Policy:

- In the event of unforeseen circumstances requiring a cancellation, a transferable credit can be arranged for future retreats within a 24-month period. All previous quotes will be null and void, and new quotes may be issued based on the rescheduled dates.

#### Payment Options:

- Payment can be made via EFT, Cash, or Credit Card. Please note, all credit card payments incur a 1.9% processing fee.
- All relevant banking details and references will be provided in the quotation and final invoice.

If you have any questions or would like to discuss your specific retreat requirements further, please feel free to reach out to me, look forward to collaborating with you to create a memorable, nourishing experience for your guests.

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