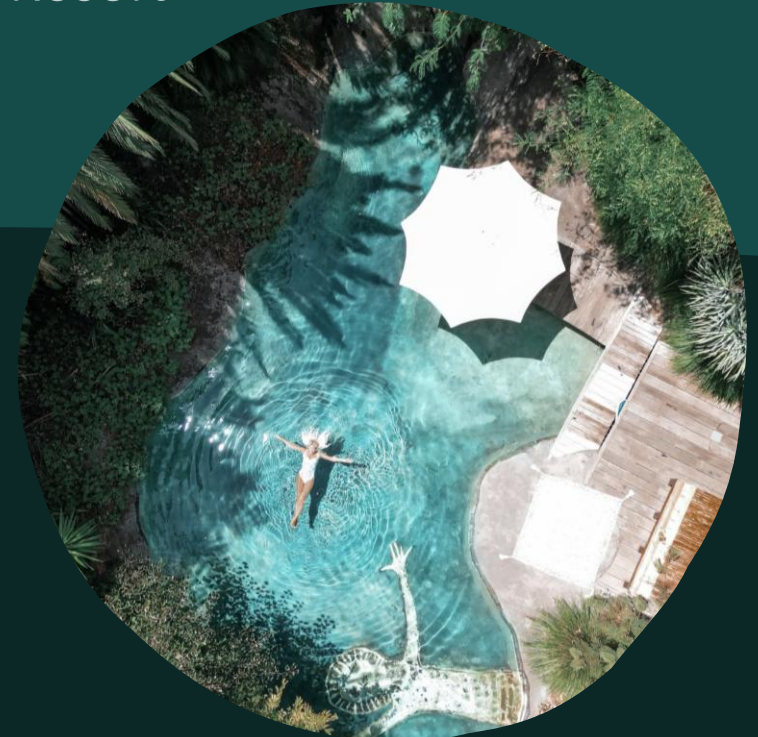


RETREAT MENU 2026

Winner of the 'Best Luxury Resort and Retreat Venue WA'

LUXLife Travel and Tourism Award

Winner of Global Recognition Awards Best Resort





Our Catering

At Ferguson Valley Escape, our retreat-style food embodies a 'paddock to plate' dining experience.

With a local suppliers bursting with fresh vegetables and herbs, our chefs lovingly prepare daily meals that nourish both body and soul.

We prioritize health and sustainability, ensuring each bite reflects nature's abundant goodness.

With qualified head chefs on hand, we are here to create delicious experiences through the connection of food, people and health for the mind, body and soul!

Join us for a culinary journey that celebrates the essence of fresh, wholesome dining amidst the beauty of Ferguson Valley.



Sample Menu

First nights welcome Dinner - Aromatic Pumpkin Coconut & Chickpea mild Thai Curry with garlic, ginger rice served with fresh Asian salad of beansprouts, snow peas, coriander and mint with green goddess dressing

Dessert - Coconut Kaffir lime and lemongrass infused pannacotta with a mango chilli coulis.

Or light mascarpone whip dip with fresh seasonal fruit platter

Breakfast - Homemade banana and date loaf with coconut yogurt and caramelised bananas.

Or breakfast in a jar layered with granola, seasonal fruits, coconut yogurt and fresh strawberry coulis

Long Table Lunches in the garden graze style - selection of homemade dips and terrines, sweet potato rounds topped with arugula, date and cashew crumble on lemon ricotta whip, artisan cheeses, meats, crackers, fresh and dried fruits

Poke bowls of quinoa with salmon, fresh & pickled vegetables with sesame dressing

Or Mexican style poke bowls with black beans, Moroccan spiced chickpeas, guacamole and charred corn salsa

MENU SELECTIONS

DINNER NIGHT 1

FRAGRANT MILD THAI PUMPKIN & CHICKPEA CURRY IN COCONUT CREAM & AROMATIC HERBS SERVED ON GARLIC GINGER RICE

*VEG/V/GF/DF

OR

THAI GREEN CHICKEN CURRY DF/GF

OR

CHARGRILLED CHICKEN ON THE BBQ IN SWEET CHILI & GINGER

ALL SERVED WITH ASIAN SALAD WITH MINT, CORIANDER & CRISPY NOODLES, PEANUTS & THAI DRESSING & PAN BAKED ROTI BREAD (GF ROTI AVAIL)

DESSERT

COCONUT, LIME & LEMONGRASS PANNACOTTA WITH A MANGO OR PINEAPPLE, CHILI INFUSED, KAFFIR LIME & LEMONGRASS COULIS - DF/GF/V/VEG

OR

CARAMELISED BANANAS IN CARAMEL COCONUT CREAM



Menu Selections

Breakfast Day 1

- COCONUT TAPIOCA & CHIA- SOAKED BREAKFAST JARS Layered WITH FRUIT, HOMEMADE GRANOLA & COCONUT YOGURT
DF/GF/V/Veg

OR

- BACON & ROASTED VEGGIE FRITTATA *can be DF/GF or Veggie
FRITTATA *can be DF/GF

OR

- HOMEMADE BANANA BREAD WITH CARAMELIZED BANANAS &
COCONUT YOGURT

OR

- WARM CINNAMON PORRIDGE WITH POACHED PEARS



MENU SELECTIONS

LUNCH Day 1

CRISPY FRIED TERIYAKI TOFU ON ASIAN SLAW Veg/V/DF/GF
OR

CRISPY FRIED TOFU IN SATAY SAUCE Veg/V/DF/GF

OR

CHICKEN SATAY SERVED ON ASIAN SLAW WITH PINEAPPLE, BEAN SHOOTS, MINT, CORIANDER, PEANUTS & CRISPY NOODLES WITH ASIAN DRESSING SERVED WITH HOMEMADE PEANUT SATAY SAUCE DF/GF

OR

CHARGRILLED CHICKEN ON THE BBQ IN SWEET CHILI & GINGER

OR

- BEEF TERIYAKI POKE BOWLS
-
- CHICKEN TERIYAKI POKE BOWLS
-
- VEGGIE TERIYAKI POKE BOWLS
- GF/DF/V/VEG





Menu selections Dinner night 2

TEX MEX BOWLS (WITH CHILI CON CARNE) GF/DF OR VEGGIE TEX MEX BOWLS

OR

THAI SLOW ROAST BEEF IN COCONUT BROTH ON RICE & ASIAN SLAW

OR

ITALIAN CHICKEN SALTIMBOCCA IN SAGE, PROSCIUTTO AND WHITE WINE SAUCE

OR

SUCCULENT SLOW ROAST MEAT WITH HORSE RADISH CREAM, SMASHED ROSEMARY
GARLIC

POTATOES & ALMOND BUTTER BROCCOLI OR MINT PEAS

MENU SELECTIONS

DESSERT NIGHT 2



CINNAMON & STAR ANISE POACHED PEARS WITH
A COCONUT YOGURT & MINT DRESSING

OR

ROASTED, BALSAMIC DRIZZLED HONEY FIGS WITH
MELTED GOAT'S CHEESE & THYME & MINT
(*SEASONAL)

OR

OR CHAR-GRILLED PINEAPPLE WITH MINT SALSA

OR

ORANGE CINNAMON CREMA CATALANA

DF/VEG/V/GF



MENU SELECTIONS BREAKFAST Day 3

- MANGO SMOOTHIE BOWL - DF/VEG/V/GF

OR

- BANANA BREAD WITH COCONUT YOGURT
DF/VEG/V/GF

OR

- CONTINENTAL PICK N MIX WITH HOMEMADE GF
GRANOLA, BERRIES, HOME MADE COMPOTES,
YOGURT, FRUIT, TOAST, PASTRIES & JUICE

MENU SELECTIONS

LUNCH Day 3



SUSHI

OR

GRAZING BOARD OF CHEESE, MEAT, DIPS, VEGGIE PLATTER, FRUIT

OR

MIDDLE EASTERN VEGGIE QUINOA OR COUS COUS SALAD WITH FLAKED ALMONDS & ORANGE CITRUS, MINT & YOGURT DRESSING DF/VEG/V/G

ADD MIDDLE EASTERN MOROCCAN SPICED CHARGRILLED CHICKEN

OR

ROAST SWEET POTATO WITH A VEGAN LEMON COCONUT YOGURT WHIP, TOPPED WITH ARUGULA, DATE & PECAN CRUMBLE V/GF

OR

THAI BEEF SALAD GF/DF



OVEN ROASTED SWEET RED ONION, TOMATO & CHARGRILLED RED PEPPER & SUGO VEGGIE PASTA

WITH ZOODLES AND/OR PASTA GARLIC BREAD - DF/VEG/V/*CAN BE GF

OR SLOW ROASTED LAMB ON PARIS MASH & VEG GF *CAN BE DF

OR GNOCCHI WITH HOMEMADE BASIL PESTO, ROCKET AND PARMESAN & GARLIC BREAD - DF/V/VEG

OR CREAMY TRUFFLE MUSHROOM, GOATS CHEESE PORCINI PASTA

MENU SELECTIONS

Day Dinner 3



Ferguson
Valley Escape

Menu Selections

Breakfast Day 4

CONTINENTAL PICK AND MIX BUFFET WITH FRUIT, YOGURTS, COMPOTES, HOMEMADE GRANOLA,
FRESH BREAD, CROISSANT & CONDIMENTS

OR

MANGO & FRUIT SMOOTHIE BOWL



PLEASE EMAIL US YOUR SELECTIONS

PLEASE NOTE WE CATER TO SERIOUS ALLERGIES ONLY, SUCH AS ANAPHYLACTIC AND COELIAC, NOT JUST PREFERENCES.

IF WE NEED TO BUY SEPARATE INGREDIENTS AND COOK SEPARATE MEALS, WE CHARGE EXTRA PER MEAL SO PLEASE CHOOSE ONE SELECTION FOR EACH MEAL-TIME TO SUIT THE WHOLE GROUP

WE DO CATER FOR GLUTEN FREE AND DAIRY FREE AND VEGETARIAN

WE CAN ADD PROTEIN TO EACH VEGETARIAN OPTION AT AN EXTRA COST

INFO@FERGUSONVALLEYESCAPE.AU

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WE LOOK FORWARD TO WELCOMING YOU AT FERGUSON VALLEY ESCAPE



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