



Ferguson Valley Escape Spring/SUMMER Menu





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

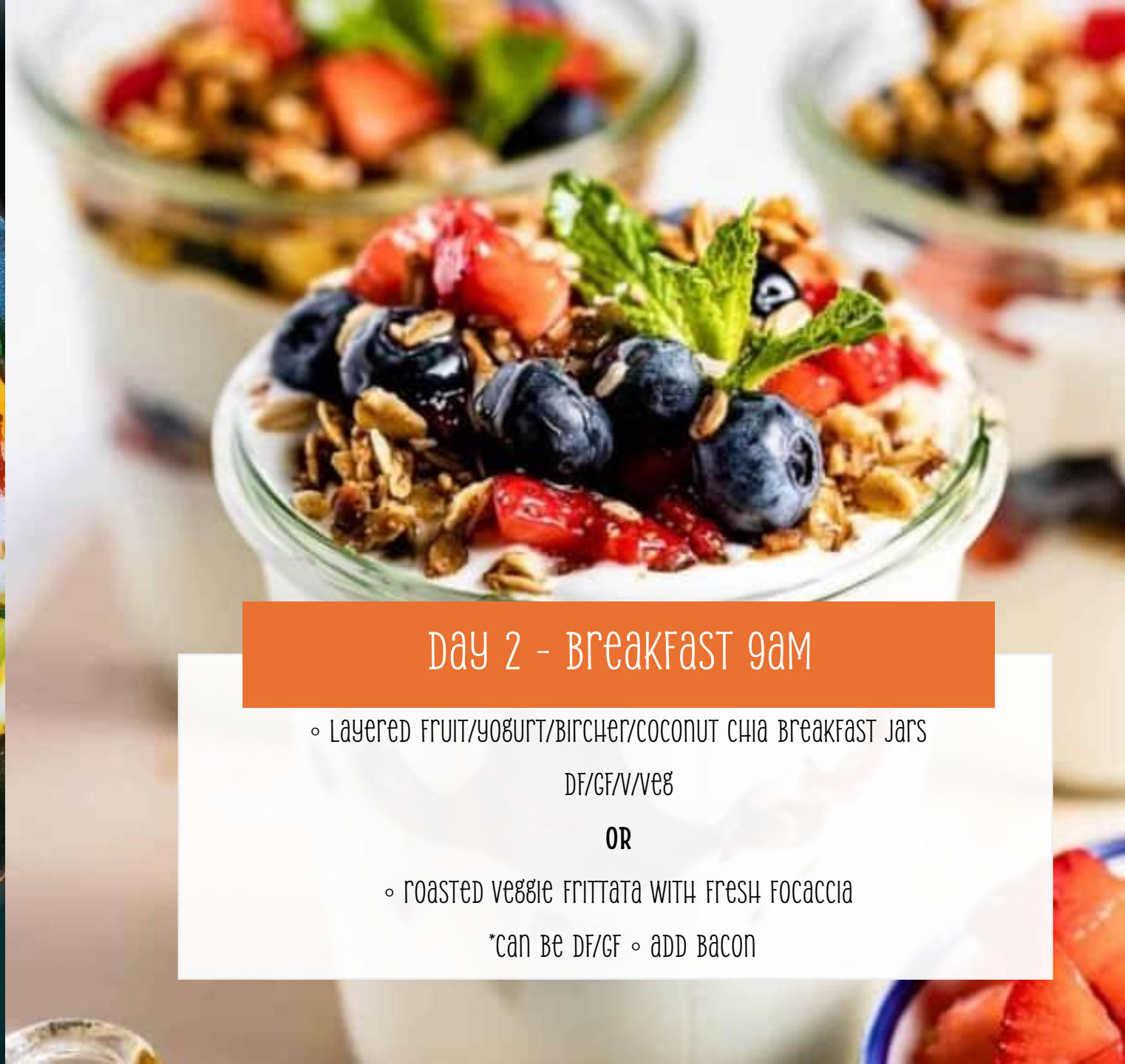
OR

- VIETNAMESE LEMONGRASS CHICKEN WITH NOODLES & JULIENNE OF VEGGIES WITH MINT, CORIANDER & LIME

DESSERT

- COCONUT, LIME & LEMONGRASS PANNACOTTA WITH a MANGO, CHILLI, KAFFIR LIME, LEMONGRASS COULIS - DF/GF/V/veg





Day 2 - Breakfast 9am

- Layered Fruit/Yogurt/Bircher/Coconut Chia Breakfast Jars

DF/GF/V/VeG

OR

- Roasted Veggie Frittata with Fresh Focaccia

*Can be DF/GF ◦ Add Bacon

Day 2 - LUNCH

◦ 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/FISH/VEGGIE

TERIYAKI POKE BOWLS GF/DF/VEG/V



Day 2 - Dinner

◦ 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

◦ Italian meatballs in Napoli sauce served with green salad & garlic bread

DESSERT

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

OR

◦ Creme Caramel

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

OR

Hot Baked Ginger Loaf (can be DF/GF)



Day 3 – LUNCH

◦ MIDDLE eastern mezze grazing board

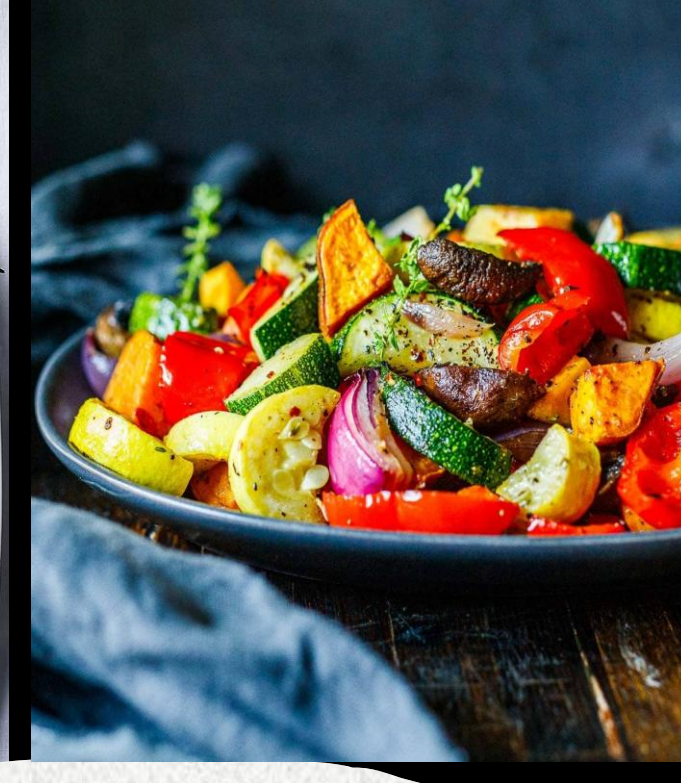
WITH MORROCAN BEEF/LAMB KOFTAS OR MIDDLE
eastern SHAWARMA CHARGILLED CHICKEN SKEWERS

SERVED WITH HUMMUS, HERBED FETA, OLIVES, SPICED
CHICKPEA SALAD, OR TABOULI SALAD, FLAT BREAD

PERSIAN LOVE CAKE

DF/VEG/V/GF





Day 3 – Dinner

- GNOCCHI WITH FRESH NAPOLI SAUCE, MOZZARELLA and BASIL Leaf/garlic BREAD
- OR
- SLOW ROASTED LAMB WITH ROSEMARY & GARLIC SERVED WITH SMASHED POTATOES & SEASONAL VEG
- SLOW ROASTED SILVERSIDE ON PARIS MASH & ROASTED VEG WITH HORSE RADISH CRÈME FRAICHE SAUCE (GF)

Day 3 - Dessert

Dessert

- Orange crema catalana
can be DF/veg/GF

OR

- Tahitian Lime Cheesecake

OR

- Chocolate Raspberry Brownies

DF/veg/V/GF





Day 4 - Breakfast

Breakfast Grazing Board



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