



# CATERING FOR YOUR RETREAT





*"Nurturing  
community and  
connection  
through the  
alchemy of cooking  
and the ceremony  
of eating."*

It is an honour and pleasure to show off Mother Nature's abundance in my kitchen.

From nature to your bowl each dish is consciously sourced - honouring fresh, wild, seasonal and organically grown ingredients and supporting local growers/businesses that uphold sustainable and regenerative practices.

Infusing ancient nutritional principles with contemporary global cuisine, my wholesome, plant-rich creations are nutritionally crafted with love, and your wellbeing in mind.

**A bespoke catering service to align with the highest quality and intention of your retreat or event offering.**

# NOURISHING VALUES

*"When preparing food, I do so with Prasad, meaning I prepare it with the intention to uplift the good, the beauty and the truth within another."*



## THE CORNERSTONE VALUES OF EARTH KITCHEN'S ALCHEMY:

- Earth Kitchen values quality local ingredients in alignment and celebration of the seasons and growing practices that are regenerative for our planet
- Supporting local growers and businesses, Earth Kitchen prioritizes organic, spray free, wild foraged and home grown food/products that are produced in harmony with natural ecosystems and with the intent to sustain and nurture life
- Earth Kitchen sources ingredients/products cultivated without perpetuating oppression of any kind or suffering for the creatures, humans or for the earth
- Value is given to the crafting of food with respect for the ingredients and of treating them in a way that their highest potential is expressed
- All meals are shared with healing intention. In one way, this means food that supports-calming the nervous system, aiding in detoxification, supporting gut health and low inflammation, boosting immunity and fortifying your entire being
- Earth Kitchen offers simple, nutrient-dense dishes prepared from scratch. To prioritize wholefood and wellbeing my foundational menus are free from ingredients such as gluten, dairy, refined sugar, processed oils.



# MENU EXAMPLE



## Anchoring Nourishment

*"The kitchen is the heart  
and hearth, providing an  
anchor for all those  
journeying within."*

Linda believes that the quality, taste, and vibration of food served at conscious events ought to complement and uplift the entirety of the transformational container. The menu and meal flow are created, together with you, to enrich your retreat design and meet the needs of those attending. From there every detail is taken care of for you, freeing your time and energy to focus on the rest of your offering.

**All meals are changeable to suit the seasons, ingredient availability and dietary needs/style of your retreat design and guests.**

# Breakfast



Nutritive savoury congee with shiitake mushroom, ginger and lemongrass

Shakshuka with homemade buckwheat bread, herb tahini and saute greens

Coconut chia breakfast bowl – with activated paleo granola, tahini, seasonal fruits and coconut yoghurt

Season fruit platter with cinnamon macadamia butter

**\*Breakfast can be simple, light and cleansing or a full spread.**

# Lunch



Sunflower pate and vegetable nori rolls, cauliflower tabouli salad and seaweed miso soup

Rocket, pear and chilli tamari roasted walnuts, goat cheese whip with thyme and pink peppercorns, life changing activate nut and seed loaf, roasted beetroot and cashew pate, marinated tempeh and red onion skewers, mung bean sprouts

Seasonal vegetable and fresh herb frittata with dukkah spiced avocado, wild greens sunflower seed pesto, roasted pumpkin slices and garden greens with a tahini, lemon and cumin dressing

Deconstructed teriyaki sushi nourish bowl

# Dinner



Sri Lankan pumpkin curry with activated brown rice and massaged kale, cucumber and coriander seed salsa, fermented chilli and oven baked poppadom

Sweet potato, cauliflower and silverbeet bake with tahini, nut and herb crust served with a garden salad and dill kraut

Kumara mung dahl with peas and kale, carrot and coconut salad, seasonal fruit chutney, toasted sesame, garlic, and chilli oil and coriander

Thai coconut vegetable soup with baked marinated tempeh, mung bean noodles, fresh lime, coriander and mung sprouts

# Snacks & Drinks



Turmeric coconut chai

Salted caramel bliss balls

Season fruit platter with activated tamari nuts

Watermelon, lime and mint mocktail

Chocolate beetroot cake with chocolate coconut ganache

Energising tea infusion with Licorice Root, Lemongrass, Siberian Ginseng, Ginger, Orange Peel, Hibiscus, Gotu Kola and Cinnamon

## Complement your plant rich meal with Meat/Fish and Bone broth

While the foundations of my meals are plant rich, I am happy to include meat, fish and/or homemade medicinal bone broth to your menu.

Details of how we can approach this and pricing can be discussed as we develop your retreat menu.

All meat is sourced from local, wild and organic suppliers who uphold sustainable and regenerative practices.

### EXAMPLE

Organic chicken broth with shiitake mushroom, astragalus root and seaweed

Lemon myrtle, mustard and lime zest marinated organic chicken thigh

Slow cooked Indian lamb and sweet potato curry

Kokoda - Fijian raw fish salad

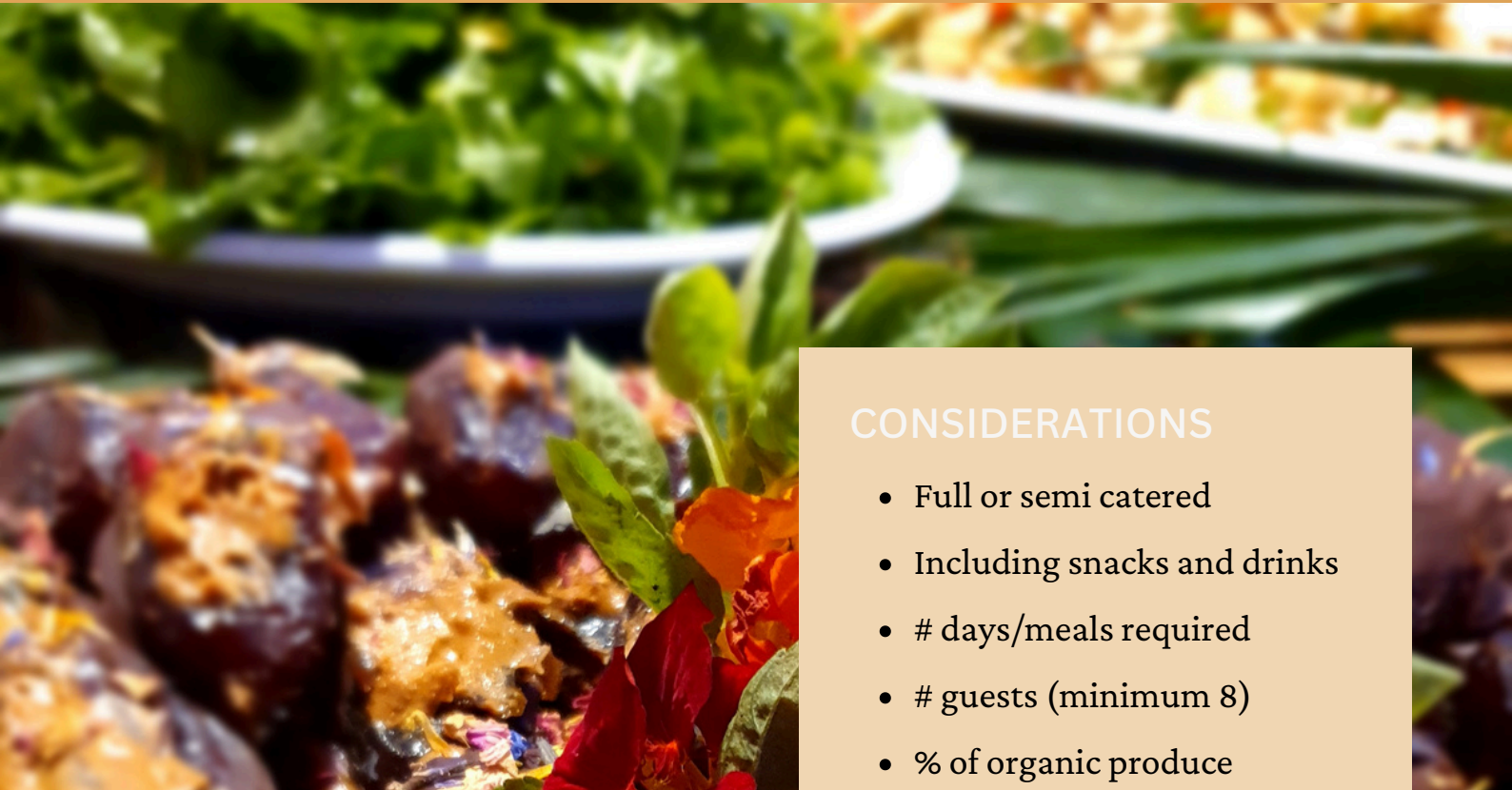


## Additional Information

- As a nutrition therapist and educator I am experienced in accommodating different health and dietary needs, all are welcomed.
- My food is free from gluten, dairy, unfermented soy, refined sugar, harmful chemicals and nutrient altering processes. I also aim to reduce lectin-containing foods.
- Occasionally I serve the highest quality organic sourdough bread, organic butter and goat/sheep products - always served on the side.
- I source as local, seasonal spray free as possible, but not always 100% organic. If you would like 100% organic - please request this (rate per head will increase).
- Fermentation, broths, raw foods and superfoods are always present in my balanced menus.
- A general full day catering will include 3x whole food vegetarian buffets per day (can be made vegetarian, vegan or meat/fish added) with morning tea, afternoon tea or desert and a gourmet tea station/drinks.
- Part of my catering offering is to infuse my food philosophy, nourishment wisdom, meal introduction and prayer into mealtimes.
- Other logistics including venue, kitchen, flow, style etc - to be discussed as we develop your retreat menu.



# RETREAT PRICING



\$67 – \$99

PER PERSON PER DAY

## CONSIDERATIONS

- Full or semi catered
- Including snacks and drinks
- # days/meals required
- # guests (minimum 8)
- % of organic produce
- Addition of meat
- Other finer details and adjustments to the rate as per your catering needs

- Rate per person includes all planning, shopping, setup, table setting, serving, pack down and cleaning.
- The retreat facilitators meals are included within the daily per/person rate. Additional facilitators occur a “cost of food only” addition to your quote.
- Your quoted rate includes local travel. Travel expenses may apply outside of the Byron / Tweed regions.
- Depending on the size of your retreat, additional staff may be needed. It is always great if you have kitchen angels on your retreat as part of an exchange agreement.
- Often the first and last day are half days - so we count these as one full day.



# Include a Workshop

Retreat participants are often hungry to learn more about nutrition, wellbeing and cooking the food they eat on retreat in their own home. “The Art of Nourishment” blends wholefood preparation with embodied somatic journey with breath, mindful eating, grounded tools & self-inquiry to enrich the union of body, mind, and heart. . It supports, inspires and strengthens the resolve of your participants to return home and make even more positive changes to their self care and wellbeing practices.

- This workshop is an **optional** addition to any catering package.
- Ideally this session is held **after lunch or dinner.**
- An **additional fee** is required to integrate this workshop as part of your retreat design.

See [Earth Kitchen website pages](#) for more information







## Terms of Service

- The event requires a minimum of 8 participants. The event organizer will be invoiced for this minimum number, with adjustments made based on the event's duration.
- At time of booking, your event dates are logged as pending - your date held until 2 months prior to your retreat dates.
- A 10% deposit is requested upon time of booking to hold your date. This is also the cancellation fee if cancelled within four weeks of the event start date.
- Two weeks prior to your event - 40% of total remaining invoice is payable, with the balance due within 7 days of event completion.
- Dietary requirements of attendees and facilitators are also required 2 weeks prior to your event start date.
- Unique and unforeseen circumstances for cancellation or changes to your event are, of course, considered, cancellation policy may still stand.
- A rough estimate of numbers is required at time of booking. Final numbers are required within 7 days of your event. A decrease in numbers within 7 days will still occur the original invoice amount.



# EARTH

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*"I wish to extend my deepest thanks to all growers and producers for tending the earth, nurturing her bounty and serving the wellbeing of the people. I acknowledge and pay my respects to the lands on which I stand and to the traditional custodians of country throughout Australia and all first nations people on earth - past, present and emerging. I honour their sacred connection to the ancient ways and protection of the land, waters, sky, creatures and all that sustains life."*

LINDA ROSS

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