



CATERING FOR YOUR EVENT

SAMPLE MENU



From Nature to your Bowl

*"Earth Kitchen transforms your
table into a place of
remembrance, sharing food as a
living prayer of connection"*

As the heart and hands of Earth Kitchen, Linda infuses ancient principles and culinary wisdom with contemporary global cuisine to inspire delicious and nutritious food crafting and promote the pleasure and presence of eating. Her wholesome plant-rich dishes are consciously sourced, honouring fresh, wild, seasonal, and organically grown ingredients and supporting local growers/Artisans that uphold clean, sustainable, and regenerative practices.

A bespoke catering service with your greatest well-being in heart

Breakfast



Season fruit platter with cinnamon macadamia butter

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

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

Lunch



Deconstructed Teriyaki Sushi Nourish Bowl

Garden pea and kale fritters with an Avocado, Tahini & mint sauce. Seasonal salad selection

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

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

Dinner



Sri Lankan squash curry with activated brown rice, carrot and coconut salad, kale, cucumber and coriander seed salsa, fermented chilli/garlic oil and fresh herbs

Caribbean Nourish bowl - Coconut rice and beans, Jerk-roasted vegetables, Mango salsa, Avocado, sweet plantains, seasonal salad & a lime/chilli sauce

Fiesta Tacos with corn tortillas or lettuce boats - Spiced nut and mushroom “mince”, Pico de gallo, Seasonal greens & an Avocado, cashew & lime “cheese” sauce

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

Snacks & Drinks



Turmeric coconut chai

Salted caramel bliss balls

Watermelon, lime and mint mocktail

Season fruit platter with activated tamari nuts

Vegetable & Herb Summer rolls with Thai dipping sauce

Chocolate beetroot cake with chocolate coconut ganache

Energising tea infusion with Liquorice 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 clean, 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

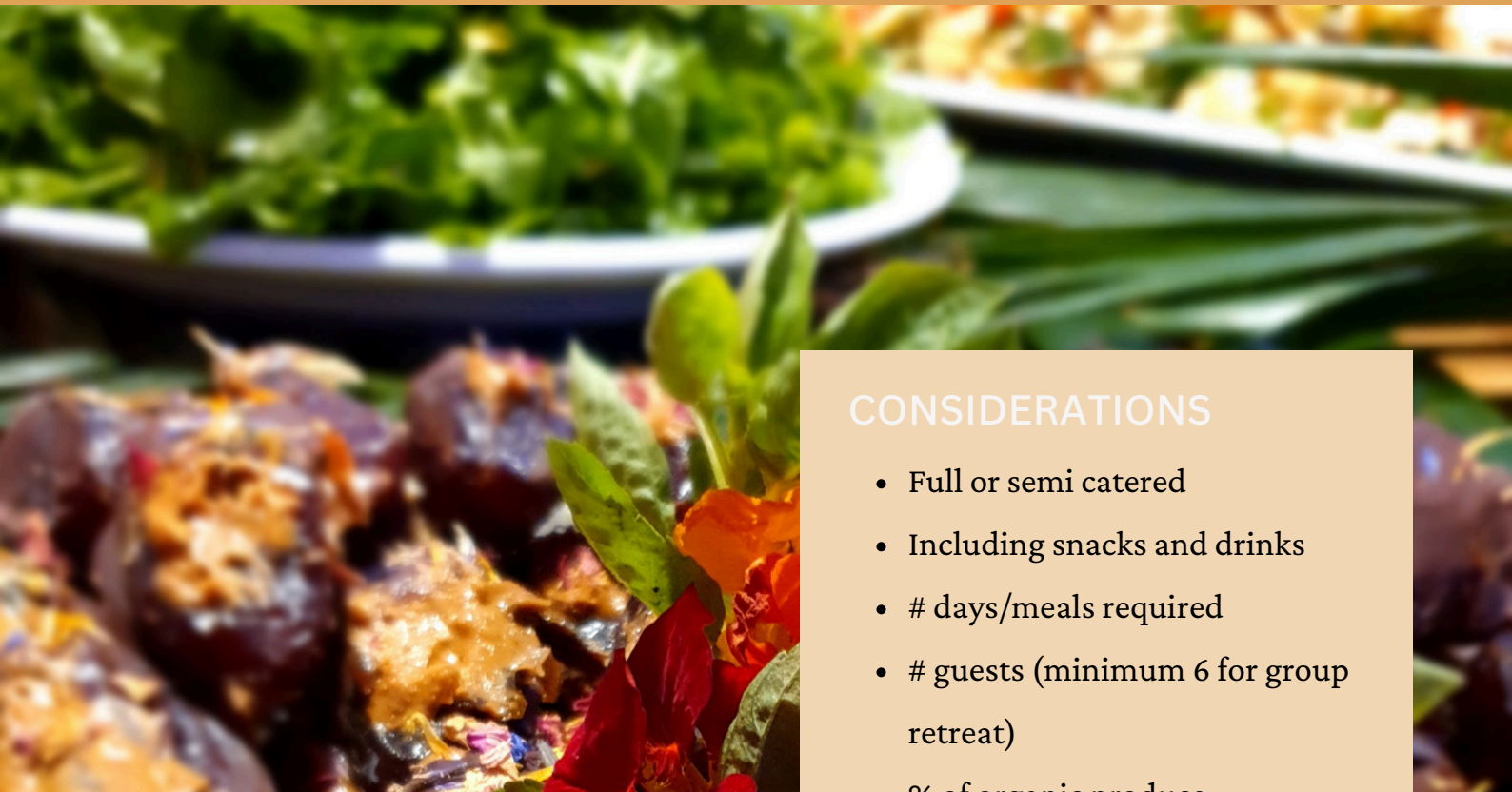
Kokoda - Fijian fish & coconut salad



Additional Information

- As a nutrition therapist and educator, I am experienced in accommodating different health and dietary needs; all are welcome.
- My food is free from gluten, dairy, unfermented soy, refined sugar, seed oils, 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 locally, seasonally and as spray-free as possible, but not always 100% organic. If you would like 100% organic, please request this (rate per head will increase).
- All meals are changeable to suit the seasons, ingredient availability and dietary needs/style of your retreat design and guests.
- 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 vegan or meat/fish added) with morning tea,/afternoon tea or dessert and beverages/elixirs/teas.
- 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



CONSIDERATIONS

- Full or semi catered
- Including snacks and drinks
- # days/meals required
- # guests (minimum 6 for group retreat)
- % of organic produce
- Addition of meat
- Other finer details and adjustments to the rate as per your catering needs

\$44 - \$66USD

PER PERSON PER DAY

- Rate per person includes all planning, shopping, setup, table setting, serving, pack down and cleaning.
- The retreat facilitators (2) 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 local area.
- 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.

PRIVATE CHEF



CONSIDERATIONS

- Number of guests
- Number of days and meals required
- Full or semi-serviced support/meal complexity
- Single special event or daily needs
- Inclusion of snacks, beverages, or ceremonial elements
- Level of dietary specificity or therapeutic support required
- Percentage of organic, spray-free, or specialty ingredients
- Inclusion of animal products
- Kitchen facilities and equipment available/service & setup style
- Location and local travel requirements
- Additional staffing needs, if applicable

To ensure each private chef experience is thoughtfully designed and accurately quoted to reflect the care, preparation, and level of support required, the following **considerations** will influence your rate:

**\$333 - \$1111+USD
per day**

Linda offers a premium private chef service that brings the heart of Earth Kitchen into an intimate, personalised setting. Designed for wellbeing-conscious individuals, private households, and those requiring attentive dietary care, this offering centres seasonal, wholefood nourishment prepared with presence and care. Each menu is thoughtfully shaped around the intention and rhythm of your needs, allowing you to relax and be fully supported through food.

I'm happy to discuss your needs and intentions to create a private chef experience that feels aligned, nourishing, and ease-filled.

Include a Workshop

Retreat participants are often hungry to deepen their understanding of food, wellbeing, and how to carry the nourishment they receive on retreat into everyday life.

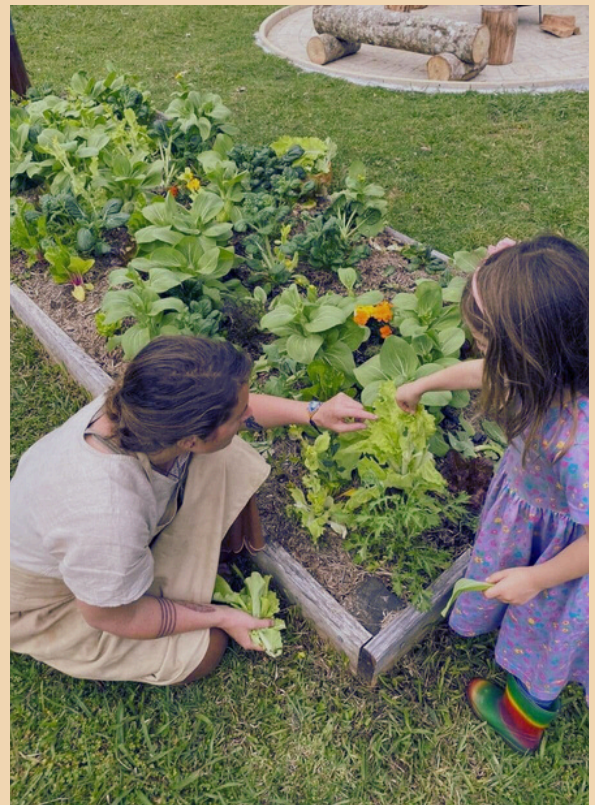
"The Language of Food — An Embodied Session"

weaves wholefood wisdom with embodied awareness, mindful eating, breath, and gentle self-inquiry, inviting participants to listen more deeply to their body and their relationship with food. This session supports, inspires, and strengthens participants to return home with greater clarity, confidence, and care in their ongoing nourishment practices.



- This workshop is an **optional** addition to any catering package.
- Sessions are **designed to align** with the unique intention, rhythm and energetic tone of your retreat.
- 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 on the
website for more
information





Terms of Service

- Group retreats require a minimum of 6 participants (other events differ). The event organiser will be invoiced for this minimum number, with adjustments made based on the type of event and duration.
- At time of booking, your event dates are logged as pending - your date held until 2 months prior to your event dates.
- A 10% deposit is requested upon time of booking to hold your date. This is also the cancellation fee if cancelled within two 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.

*"I wish to extend my deepest thanks to all artisans,
growers and producers who share my values - 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 and all First Nations people on earth -
past, present and emerging. I honour sacred
connection to the ancient ways and protection of
the land, waters, sky, creatures and all that
sustains life."*

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