

NECTAR CATERING

Details & Menu

Thank you for choosing Nectar Catering for your upcoming offering. We are so looking forward to welcoming you and your group.

We are excited to offer simple and delicious plant-based meals, inspired by Ayurveda, made with the intention to deeply nourish.

DIETS & ALLERGIES:

All meals are vegan adaptable, gluten free adaptable, and peanut-free. We can accommodate allergies; however, we do not cater to 'fad'-type diets such as smoothies only, sugar-free, keto, no carbs etc. Please let your guests know this before they book their retreat.

Should any of your guests have an extreme allergy or food sensitivities, please email us with the exact details to confirm we can accommodate them.

We are meat-free kitchen. We are not a gluten free or nut free kitchen, but, we do take great effort to avoid cross-contamination, although we cannot guarantee it.

**Please note, we do not recommend sharing the menu with your guests as this typically opens unnecessary questions, comments, and potential requests from your guests that cannot be accommodated.*

GUEST INFORMATION:

Please ensure you fill in your guest information a minimum of 2 weeks prior to your retreat, the sooner the better so we can adequately prepare.

MEAL TIMES:

Meal times are fixed and listed below, please plan your itinerary around these times:

9:00AM OR 9:45 AM | BREAKFAST

1:00 PM | LUNCH

6:15 PM | DINNER

****Ensure you have notified and confirmed your breakfast meal time with the rentals team prior to your retreat date. Otherwise 9:45am is the default breakfast meal time***

Meal service is 1.5 hours total. For example if dinner starts at 6:15pm, service is included until 7:45pm. All dishes will be cleared by 7:45pm. Should you need more time or you are running late to dinner, an additional cost of \$75 per 1-30 minutes will be billed to your credit card on file. Please be very mindful of the meal start times, so your guests eat warm, fresh food.

Your retreat cost does not include gratuity for staff. We recommend a 3-5% gratuity on your total bill. This is optional, but recommended.

All meals are vegan adaptable, gluten free adaptable, and peanut-free

DAY ONE

Arrival Snack & Dinner

ARRIVAL SNACK

WELCOME PLATTER

Assorted mix nuts, seeds and dried fruits

BEETS HUMMUS WITH FRESH VEGGIES

Assorted veggies with house-made beets hummus

NECTAR ICED TEA

House-made iced tea with fresh fruits and herbs

DINNER

CUMBER CUPS WITH HUMMUS

Fresh cucumbers served with house-made hummus

THAI GREEN CURRY

A hearty portion of house-made green curry served with seasonal veggies and jasmine rice

DESSERT

Coconut-tapioca pudding with fruits

BOTANICAL WATER FOR THE TABLE

DAY TWO

Breakfast, Lunch & Dinner

All menu items are vegan, gluten free, and peanut free

BEFORE MORNING PRACTICE

BLISS BALL OF THE DAY

House-made bliss balls with dried fruits, seeds and spices

FRESH BREWED COFFEE

HERBAL & BLACK TEAS

BREAKFAST

COCONUT YOGURT PARFAIT

Locally made coconut yogurt, chia berry compote and house-made granola

BLUEBERRY SCONE WITH FRESH FRUITS

House-baked vegan blueberry scone

GREEN SMOOTHIE

Mango, apple, banana, kale, maple syrup, coconut milk, coconut yogurt and hemp seeds

COFFEE, HERBAL & BLACK TEA, CREAMERS

LUNCH

COCONUT GINGER CARROT SOUP

Slow-cooked carrots and seasonal veggies blended with herbs and creamy coconut milk

COUSCOUS TABBOULEH SALAD

Fresh veggies and couscous dressed with lemon and herbal olive oil. Served with artisan bread

BOTANICAL WATER

DINNER

MEXICAN BURRITO BOWL

Vegan taco meat, spiced beans, salsa and fresh veggies served with house-made Mexican rice

CEVICHE SALAD

Minced veggies and beans marinated with fresh lime based dressing

DESSERT

Vegan chocolate mousse with cream and berries

BOTANICAL WATER

DAY THREE

Breakfast, Lunch & Dinner

All menu items are vegan, gluten free, and peanut free

BEFORE MORNING PRACTICE

BLISS BALL OF THE DAY

House-made bliss balls with dried fruits, seeds and spices

FRESH BREWED COFFEE

HERBAL & BLACK TEAS

BREAKFAST

MEDITERRANEAN NOURISH BOWL

Greek-inspired nourish bowl served with fresh cucumber salad, roasted potatoes, and chickpeas

BERRY SMOOTHIE

Mixed berries, coconut yogurt, maple syrup, coconut milk and hemp seeds

HARD BOILED EGG

COFFEE, HERBAL & BLACK TEA, CREAMERS

LUNCH

ITALIAN MINISTRONE SOUP

Slow-cooked tomato based soup with seasonal veggies and herbs

CHICKPEA EGG SALAD

Vegan egg salad with fresh veggies and house-made mayo. Served with artisan bread

BOTANICAL WATER

DINNER

VEGAN BIBIMBAP BOWL

Korean-inspired nourish bowl served with tofu and marinated veggies

VEGAN KOREAN PANCAKES

Savory veggie pancakes served with house-made sesame dressing

DESSERT

House-made vegan chocolate caramel bar with fresh fruit

BOTANICAL WATER

NECTAR YOGA

DAY FOUR

Breakfast, Lunch & Dinner

All menu items are vegan, gluten free, and peanut free

BEFORE MORNING PRACTICE

BLISS BALL OF THE DAY

House-made bliss balls with dried fruits, seeds and spices

FRESH BREWED COFFEE

HERBAL & BLACK TEAS

BREAKFAST

CREAMY CHIA PUDDING

House-made coconut chia pudding with mixed fresh fruits

MUFFIN OF THE DAY

House-baked vegan muffin with fresh fruits

GREEN SMOOTHIE

Mango, apple, banana, kale, maple syrup, coconut milk, coconut yogurt and hemp seeds

COFFEE, HERBAL & BLACK TEA, CREAMERS

LUNCH

GREEN GODDES CREAM SOUP

Slow-cooked green beans and veggies blended with herbs and creamy coconut milk

VEGAN CAPRESE SALAD

Fresh Italian salad marinated with diced tofu, tomatoes and herbal dressing. Served with artisan bread

BOTANICAL WATER

DINNER

INDIAN CURRY OF THE DAY

House-made curry with veggies and spiced basmati rice

SABUJI OF THE DAY

Stir-fried veggies with house-made masala spices

DESSERT

House-made chocolate coconut candy clusters

BOTANICAL WATER

All menu items are vegan, gluten free, and peanut free

DAY FIVE

Morning Snack & Breakfast

BEFORE MORNING PRACTICE

BLISS BALL OF THE DAY

House-made bliss balls with dried fruits, seeds and spices

FRESH BREWED COFFEE

HERBAL & BLACK TEAS

BREAKFAST

MEXICAN NOURISH BOWL

Mexican-inspired nourish bowl served with fresh corn salsa, veggies and beans

BERRY SMOOTHIE

Mixed berries, coconut yogurt, maple syrup, coconut milk and hemp seeds

HARD BOILED EGG

COFFEE, HERBAL & BLACK TEA, CREAMERS