

The Family Travel Company | Healthy Menu Series

Self-Contained Accommodation

Vegetarian

BREAKFAST

Breakfast stack

A piece of toast with two fried eggs topped with diced and grilled mushrooms. Add avocado salsa and mayonnaise.

Eggs hollandaise

Poached eggs, baby spinach and cherry tomatoes drizzled with hollandaise sauce. Serve with toast and butter if desired.

Mango smoothie

Mango fillets, soy milk, Greek yoghurt and cinnamon blitzed together.

Chai tea

Spiced mix cloves, nutmeg and cinnamon blended with breakfast tea and a dash of rice milk.

Field snacks

Mixed nuts, cranberries, carrot sticks, cherry tomatoes, tahini, stuffed mushroom caps.

LUNCH

Guacamole Mexican salad

A leafy and herbal salad with tomato, jalapeno and kidney beans, tossed in guacamole sauce.

Steamed vegetable medley

In- season steamed vegetables tossed in yoghurt, garlic and mustard sauce.

Vegetarian nori

Nori rolls stuffed with an assortment of shredded cabbage, carrot, spinach, with omelette, pickles, mayonnaise, avocado plus sesame oil. Add soy sauce.

DINNER

Lentil hot-pot

Stewed lentils and vegetables cooked in vegetable stock.
Serve with a side salad and garlic bread.

Thai vegetable curry

In-season, finely cut vegetables simmered in coconut cream and Thai red curry paste.
Serve with Thai salad on the side.

Chilli bean nachos

Beans cooked in a tomato sauce with garlic, onion, cumin and smoked paprika.
Serve with salad, jalapenos, sour cream and corn chips.

DESSERTS

Quinoa chocolate pudding

Quinoa flakes cooked in water, cream, cocoa powder and sultanas served with a dollop of cream.

Fruit salad and Greek yoghurt

Diced in-season, local fruits tossed in full cream Greek yoghurt.

Shopping Check List

Avocado
Baby Spinach
Bread
Butter
Carrots
Chai tea spices
Chilies
Cocoa powder
Coconut cream
Corn chips
Cranberries
Cream
Cumin
Eggs
Garlic
Ginger
Greek yoghurt
Jalapenos
Kidney beans
Lemons
Lemongrass
Lentils
Mango
Mayonnaise
Mushrooms
Mustard

Nori sheets
Nuts
Olive oil
Pickles
Quinoa
Red curry paste
Rice milk
Salad mix
Sea salt
Seasonal fruits
Seasonal vegetables
Sesame oil
Smoked paprika
Sour cream
Soy sauce
Sultanas
Tahini
Vegetable stock