



Gaia
retreat & spa

your life...your retreat... your choice...

SPA CUISINE ~ MENU EXAMPLES

Gaia's Spa Cuisine changes on a daily basis pending seasonality, quality and weather. As the ingredients are bought fresh each day and sourced from our organic gardens, our team of talented chefs offer a set menu tailored to each guests' individual dietary requirements. Vegetarian and Vegan options are always available.

Some samples of what you can expect to savour during your stay with us:

BREAKFAST – hot & cold grazing delights

- Daily fresh fruit & vegetable juice
- Gaia organic house toasted muesli
- Gaia organic gluten free porridge
- Selection of savoury sides
- Stewed fruits, seed condiments & yoghurt
- Variety of sourdoughs, gluten free & sprouted breads
- Baked eggs with tomato, capsicum & sheep's fetta
- Frittata of pea, kale & asparagus with goat's cheese & lemon
- Scrambled eggs with zucchini fritters, green tahini & zaatar
- Poached eggs with broccolini, olives & fresh grated parmesan

LUNCH – light, delicious & nourishing

- Gluten free penne pasta with roast pumpkin, radicchio, zucchini & preserved lemon
- Vegetarian quinoa bake with cauliflower, silverbeet, zucchini & tahini dressing
- Pumpkin & chickpea tagine with couscous & harissa
- Brown rice congee with shiitake, corn, wok greens, ginger & tamari
- Gluten free penne pasta with seafood, cherry tomatoes & chilli
- Smoked chicken salad with parsnip, broccolini, spinach, amaranth & pomegranate
- Turkey loaf with Gaia mango chutney, pistachio & bitter leaf salad

Salads

- Vegan super food salad
- Fresh fig, lentil and pomegranate salad
- Roast root vegetable, haloumi, quinoa & horse radish salad
- Green spring vegetables, buckwheat, ricotta & lemon salad
- Prawns, green mango & papaya, lime & herb salad
- Carrot, native dukkah, kale, yoghurt, spelt

Gaia Retreat & Spa

933 Fernleigh Road Brooklet, NSW 2479, Australia

info@gaiaretreat.com.au | (+61) 2 6687 1216 | www.gaiaretreat.com



Gaia
retreat & spa

your life...your retreat... your choice...

Soups

- Chunky chicken with grains & vegetable soup
- Miso with salmon & vegetables
- Beetroot with Yoghurt and Nasturtium
- Thai Chicken Noodle
- Miso with Salmon and vegetables
- Warming root vegetable and rhizome
- Green Minestrone

DINNER – three course set dinner

Entrees

- Prawns with green pea risotto, roast peppers & vinocotto
- Smoked trout and celeriac remoulade with celery heart & compressed kale
- Silken tofu, dashi broth & soba noodles
- Crab with snowpea, radish, puffed rice & light pink grapefruit dressing
- Duck breast, beetroot, rhubarb & activated walnuts
- Scallops, quinoa, avocado & yuzu
- Thai chicken noodle soup
- Cured kingfish with apple, cucumber, sprouts & verjuice
- Stuffed baby squid with rocket, beans & salsa romesco
- Beetroot with yoghurt & nasturtium soup

Mains

- Coconut poached chicken breast in broth, sweet potato, greens & Gaia chilli jam
- Crisp skin ocean trout with buckwheat, asparagus & finger lime dressing
- Steamed red emperor fillet with pumpkin, edamame, seaweed & dashi broth
- Spiced chicken thigh with parsnip puree & pomegranate salsa
- Macadamia crusted snapper with warrigal greens, celeriac & lemon myrtle vinaigrette
- Pan roasted baby jewfish with cabbage, leek, sea lettuce & verjuice broth
- Duck breast with jerusalem artichoke, mandarin & baked brussel sprouts
- Roasted poussin with cauliflower puree, peas, fennel, ricotta & lemon
- Aromatic yellow curry with prawns served with brown rice & asian greens
- Mustard chicken breast with roast carrots, brussel sprouts & carrot juice reduction

Gaia Retreat & Spa

933 Fernleigh Road Brooklet, NSW 2479, Australia

info@gaiaretreat.com.au | (+61) 2 6687 1216 | www.gaiaretreat.com



Gaia
retreat & spa

your life...your retreat... your choice...

Sweets

- Gaia peach melba, vegan almond ice cream
- Passionfruit pannacotta, pineapple, lychee with mango salsa
- Gaia chocolate mousse with wattle seed nut cream & cacao crusted banana
- Apricot, quinoa & almond maple cake
- Spiced almond milk cream, fig with orange & mint salad
- Raspberry chia seed, strawberry mousse, poached rosella & riberry
- Apple chia seeds, stewed apples & hazelnut cinnamon crumble with blueberries
- Dairy free black sesame ice cream with mango & coconut

ALL DAY GOURMET SNACKS

Daily baked gluten-free muffins and a selection of snacks and fresh fruit are available throughout the day; along with a wide range of organic herbal teas & Australian black teas.



Gaia Retreat & Spa

933 Fernleigh Road Brooklet, NSW 2479, Australia

info@gaiaretreat.com.au | (+61) 2 6687 1216 | www.gaiaretreat.com