



NATURAL
kitchen

The Natural Cook: Summer Edition

Signature Natural Kitchen Cocktail

Cucumber sparkling water, mint, blackberries, lime, elderflower cordial and gin over blackberry ice cubes

Tropical Beauty Bars

Citrus zest and fruit sweetened tropical oat and seed breakfast bars

Peach and Kale Panzanella

Italian bread salad (GF) of kale, peaches, cherry tomatoes tossed with herbs and a light balsamic vinaigrette with an optional garnish of organic sheep's feta

Dairy Free Corn Chowder

Local corn stewed and blended with golden paste, garlic, ginger, cumin and served with cilantro

Grilled Chicken Tacos

Lettuce cups, organic chicken, mango avocado salsa, red cabbage and sliced peppers with coconut cumin 'sour cream'

Tempeh for the vegetarians*

Nectarine Tart

Pecan crust, cashew cream, layers of sliced nectarines with a maple and lime drizzle

*If you are vegetarian, please notify staff upon booking your ticket to avoid disappointment