

## **2020 Ignight Flow Retreat Menu**

### **Lunch Friday May 1st**

Grilled Mahi Mahi with “Godzilla” Pineapple Ginger Salsa  
Sautéed Garlic Green Beans & Toasted Coconut Rice (V)  
Cabbage & Mango Salad with Red Bell, Carrot, Tomato, Jicama, Cucumber, Toasted Almonds, & Sweet Orange & Chili Vinaigrette

### **Dinner Friday May 1st**

Moroccan Chicken Tagine with Tzatziki Sauce  
North African Cous Cous with Cauliflower, Red Bell Pepper, Garbanzo Bean, Zucchini, Green Onion (V)  
Fatoush Salad with Arugula, Romaine, Red Onion, Mediterranean Olives, Cucumber, Tomato, Watermelon, Crispy Pita Chips, Feta Cheese, & Lemon Chive Vinaigrette

### **Breakfast Saturday May 2nd Includes Coffee**

Veggie Scramble OR Tofu Scramble with Deep Playa Potato, & Gypsy Fruit Salad  
Choice of Smoked Bacon, Sausage, or Sautéed Veggies

### **Lunch Saturday May 2nd**

Pan Seared Tarragon Salmon with a Lemon, Capers, & Roasted Baby Tomato Ragu  
Vegan Quinoa Succotash with Red Pepper, Onion, Carrot, Corn, Peas, & Zucchini(V)  
Kale & Butter Lettuce Salad with Marinated Red Onion, Roasted Beets, Cucumber, Dried Cranberries, Toasted Pepitas, Tomato, Feta, & Honey Citrus Vinaigrette

### **Dinner Saturday May 2nd**

Slow Braised Beef Short Ribs with Red Wine Sauce & Horseradish Cream  
Veggie Black Bean & Corn Chili(V) & Smashed Roasted Baby Potatoes  
Mixed Greens & Endive Salad with Crushed Hazelnuts, Roasted Pears, Avocado, Crispy Fennel, Cucumber, Radish, Bleu Cheese, Tomato, & Champagne Shallot Vinaigrette

### **Breakfast Sunday May 3rd Includes Coffee**

Tortilla Espanola-Spanish Omelet with Layers of Onion, Pasilla Pepper, Potato, Manchego & Fontina Cheese  
Served with Smoked Bacon, Spanish Chorizo, Avocado, Salsa Roja, & Gypsy Fruit Salad

### **Lunch May 3rd**

Thai BBQ Chicken  
Sesame Ginger Rice & Stir Fry Vegetables & Tofu(V)  
Asian Chopped Salad with Romaine, Cabbage, Shredded Carrots, Cucumber, Cantaloupe, Snap Peas, Bean Sprouts, Cilantro, Peanuts, & Vietnamese Chili Lime Dressing