Xinalani RETREAT

RESTAURANT- 7 DAYS SAMPLE MENU

DAY	BREAKFAST	LUNCH	DINNER
SATURDAY			> Guacamole & corn tortilla chips > Veggie stuffed pepper with tomato sauce > Smoked marlin tacos > Chipotle chocolate truffles smoked with mint essence > Zucchini and mushroom tacos
SUNDAY	> Mango, orange & tangerine juice > Motuleño style eggs > Carrot muffins > Vegan ranchero style homemade tofu > Zucchini muffins	> Passion fruit and basil water > Mango coconut gazpacho > Mixed green salad with honey mustard vinaigrette > Mahi mahi ceviche with mango & coconut mik and avocado sauce > Flaxseed cookies	> Tortilla soup > Mahi-Mahi on rice, Mexican salsa and beans > Grilled eggplant with mushroom > Jericalla cinnamon infused custard based Mexican dessert
MONDAY	> Pineapple, basil, mint and orange juice > Corn smut huaraches with alfalfa sprouts > Scrambled eggs & fried beans > Gluten free carrot muffins	> Vegan horchata > Chickpea soup > Quinoa with coriander, apricots and cranberries > Mixed greens, star fruit, pecans, alfalfa sprouts & cucumber vinaigrette > Grilled chicken with Mexican achiote	> Mix of organic lettuce, turkey bacon, tomato, amaranth with raspberry vinaigrette > Mahi Mahi in tomato sauce, lentils, red cabbage, with carrot and cauliflower puree. > Banana dipped in chocolate
TUESDAY	> Tangerine and carrot juice > Banana pancakes > Mexican style eggs > Fried beans	> Pineapple, celery & mint water > Carrot and ginger soup > Mixed greens salad, tomato, seeds and avocado with cactus dressing > Grilled mahi mahi with guajillo chile sauce	> Smoked leek and potato soup > Pibil style chicken with wild rice > Green tea with passion fruit cake > Vegan Pibil style oyster mushroom with wild rice
WEDNESDAY	> Grapefruit juice, celery, parsley and nopal > Mushroom and poblano pepper sopes > Scrambled eggs with refried beans > Orange Bread	> Pink lemonade with hibiscus and serrano pepper > Chayote and zucchini soup > Black bean and corn salad > Cous cous > Shrimp with brocolli > Soy stew	> Guacamole and totopos > Mixed greens > Quimixto style Mahi-Mahi on rice, mexican salsa and beans > Sweet guacamole, avocado mousse, dehydrated tomato and onion jam
THURSDAY	> Orange, tangerine & mint juice > Omelet with vegetables > Refried beans > Paprika and lime roasted tomato > Vegetables empanadas > Chocolate muffins	> Soursop water > Roasted tomato soup > White rice with chopped tomatillo > Fish Stew & steamed vegetables > Peanut cookies	> Rodelinda's special salad > Mixed greens, capple with blue berry dressing > Chicken enchiladas > Pineapple & serrano pepper tamales cooked in banana leaf
FRIDAY	> Mango and passion fruit juice > Red chilaquiles with cream, cheese, onion and coriander > Scrambled eggs & refried beans > Banana bread	> Cucumber, ginger, lime & mint water > Lentil soup > Green lettuce salad, jicama, tomato and almond with mango vinaigrette > Grilled chicken with basil oil > Cactus salad > Grilled Eggplant	> Chef's special soup > Mixed greens salad > Coconut rice > Mushrooms and poblano pepper quesadillas > Mahi mahi skewers > Chocolate Cake
SATURDAY	> Banana, papaya & orange juice > Scramble eggs with veggies > Refried beans > Cranberry scones* > Potato cakes *Gluten free cranberry scones	> Rosemary & watermelon water > Peasant soup > Mixed greens salad with hibiscus vinaigrette > Cous cous > Vegetables burrito with chipotle > Chia sedes cookies	