

Jacaranda Hill

Full Day Health Menu

...on arrival and at every break, guests are offered warm petal scented face towels...

... on the Boardroom Table

*Muesli Bars
Assorted Nuts with Dried Mango and Banana
Game Biltong Snap sticks with Berry Biscotti and Sultanas
Crudités Martini with Cream Cheese and Guacamole
Whole Fruit Basket
Rosehip and Hibiscus Ice Tea
(Items served individually and changed at each interval)*

... on Arrival

*Bran Muffins
Whole Wheat crumpets
Oatmeal with Honey and Almonds
Honey and Raisin Rusks
(choose one of the above to enjoy with the drinks selection below)
Homemade Carrot & Melon Juice –with Ceylon, Fruit, Herbal and Caffeine- free Teas
and infusions
Freshly ground Bean and Decaffeinated Coffee*

... mid Morning Tea

*Oatmeal Crunchies and fresh Figs or dried Guava
Open Sandwich selection on health Bread (Cottage cheese, Avocado, Tomato, Alpha
Sprouts,
Cucumber, and Pastrami)
Health Waffles with Honeycomb Topping, Vanilla Yoghurt and Berry pureé
(choose one of the above to enjoy with the drinks selection below)
Fruit Smoothies – with Ceylon, Fruit, Herbal and Caffeine- free Teas and infusions
Freshly ground Bean and Decaffeinated Coffee*

... Afternoon Tea

*Spinach and Mushroom Quiche
Cocktail Tomatoes stuffed with Olive tapenade
Bananas and Dark Chocolate Dip
Strawberry Juice – with Ceylon, Fruit, Herbal and Caffeine- free Teas and infusions
Freshly ground Bean and Decaffeinated Coffee*

... Departure Refresher

Ginger & Lime Jelly and Espresso & Mint Parfait

Health Finger Lunch

Cold selection

Honey and Soy Marinated Chicken Tortilla Cones

Beetroot Salad

Smoked Trout Fillets with Pickle

Spinach and Feta Strudel

Soups – Butternut, Tomato, Carrot, Vegetable

French salad with condiments (Vinaigrette, Avocado, Sprouts, Roasted rye croutons, grilled Butternut)

Toasted Rye – Smoked salmon & cottage cheese, Tomato and Rocket; Pastrami and Pickle.

(Choose four of the above)

Hot Selection

Roasted leeks and Mixed Vegetables

Grilled Zucchini with Mint and tossed Almonds

Poached Salmon and Stir-fry

Risotto with Gorgonzola

Ginger and Thyme steamed Chicken breast

Olive oil fried Kingklip on roasted Vegetables

Grilled Sweet Potatoes stuffed with Red Pepper ratatouille

Mustard roasted Beef fillet

(Choose four of the above)

Dessert selection

Grilled fruit skewers coated in Honey and Cinnamon

Poached Pears in Red Wine

Fresh Berry Jelly

Baked Cinnamon and Nut Apples with Low Fat Vanilla Cream

Blueberry Phyllo Baskets topped with Mascarpone Cream

(Choose three of the above)

... the above served with Virgin Mary's and Rosehip & Hibiscus Ice Tea