

MENU

WEEK 1

TEA

LACTATION TEA

Nettle & Fennel

BREAKFAST

EGG BITES (GF)

Eggs, Spinach, Gruyere, Scallion

OAT & CHIA CONGEE (GF)

Rolled & Steel Cut Oats, Chia, Ginger, Grass-Fed Milk, Seasonal Berries

LUNCH

BIBIMBAP (GF)

Grass-Fed Beef with Garlic & Ginger over Congee
Served with Egg, Spinach, Pickled Carrots,
Shiitake, Sesame, Tamari

CURRIED HARVEST SOUP (VEGAN)

Butternut & Acorn Squash, Apple, Ginger, Garlic,
Shallot, Coconut, Maple, Curry with Toasted
Pumpkin Seeds and Fried Sage

BOULE WITH BUTTER

MENU

WEEK 1

D I N N E R

CHICKEN, RED DATE & GINGER SOUP (GF)

Chicken, Jujube, Goji berries, Ginger, Mirepoix,
Kombu

BASIL BEEF CONGEE (GF)

Grass-fed beef, Assorted Rice, Basil, Onions, Garlic,
Tamari

SHORT RIBS WITH HERBED POTATOES (GF)

Beef Short Ribs, Tomato, Mushroom, Onion, Garlic,
Mashed Potatoes with Seasonal Herbs, Cream, Butter

D E S S E R T

PEANUT CHOCOLATE MOUSSE (VEGAN)

Avocado, Tofu, Coconut, Cacao, Peanut, Maple