

ELYSIA
WELLNESS RETREAT
HUNTER VALLEY

BREAKFAST

Stuffed Field Mushrooms with Dukkha Crusted Poached Egg

Banana Bread with Honey

LUNCH

Elysia Harvest Bowl with Israeli Hummus, Sauerkraut and
Tabbouleh

DINNER

Sweet Corn and Lemongrass Soup Shooters with Fragrant
Falafel

Steamed Chicken Breast with Beetroot Mash, Greens and
Coconut Sauce

