

Weekend Meal Ticket Menu 2018

Includes seasonally available ingredients from many local and regional farms and culinary herbs from Kanuga's own garden. Herbal iced teas: nettle-mint at lunches, oatstraw at dinners.

Friday dinner

Edisto flounder stew with Easley Mountain oyster mushrooms
Brown basmati rice
Wilted kale, roasted central coast beets, dandelion & garlic with creole mustard tarragon vinaigrette
Confetti coleslaw
Fresh baguette with olive oil
Lyda farms pink lady squash & candied walnut cakes with cream (gluten free)
Oatstraw herbal iced tea

Saturday breakfast

Roasted vegetables & smoked cheddar frittata
Buttermilk biscuits with sausage gravy
Creamy stone ground grits
Yogurt with homemade maple granola made with coconut oil

Saturday lunch

Hickory Nut Gap Farm braised sirloin tip beef stew with parsnips
Brown basmati rice with farro (a nutty ancient wheat grain) & peas
Local garden salad with buttermilk ranch
Live-cultured kimchi
Corn bread (gluten free) with cultured buttermilk butter
Nettle-mint herbal iced tea

Saturday dinner

Kanuga rosemary roasted chicken with bone stock gravy
Whipped sweet potatoes with butter, sea salt & cracked black pepper
New Ground Farms collards with burdock root
Heirloom tomato, english cucumber & vidalia onion with apple cider vinegar
Apple cobbler with vanilla bean ice cream (gluten free)
Whole wheat bread
Oatstraw herbal iced tea

Sunday breakfast

French toast with bananas foster (gluten free option)
Hard boiled eggs with capers & diced red onions
Lacto-fermented steel cut oatmeal with assorted nuts & dried fruits
Yogurt with homemade maple granola made with coconut oil
Fresh fruit with grapefruit

Sunday lunch

Quinoa chickpea salad
Mediterranean meatballs with tzatziki yogurt sauce
Roasted vegetable medley garnished with Kanuga garden pesto
Spinach & feta cheese salad
Lacto fermented cabbage & carrot kraut
Warm sunflower and pumpkin seed squares with butter (contains gluten)
Nettle-mint herbal iced tea