

Weekend Meal Ticket Menu 2019

Includes seasonally available ingredients from many local and regional farms and culinary herbs from Kanuga's garden.

- Meats & dairy: Items that include meats or dairy are noted as such. For example, meat dishes mention "beef" or "sausage," etc. Dairy dishes say "cheese," "yogurt," etc.
- Gluten: The menu is almost all gluten-free. Items CONTAINING gluten are noted below—otherwise the menu items below are gluten-free (although we cannot guarantee 100% gluten-free, due to kitchen instruments, etc)

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 (gluten) with olive oil
Lyda Farms pink lady squash & candied walnut cakes with cream

Saturday breakfast

Roasted vegetables & smoked cheddar frittata
Buttermilk biscuits (gluten) with sausage (from Hickory Nut Gap Farm) gravy
Creamy stone ground grits with butter
Yogurt with homemade maple and coconut oil granola

Saturday lunch

Hickory Nut Gap Farm braised sirloin tip beef stew with parsnips
Brown basmati rice with sunflower seeds & peas
Local garden salad with buttermilk ranch
Live-cultured kimchi
Corn bread with cultured buttermilk butter

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
Hickory Nut Gap Farm apple cobbler with vanilla bean ice cream
Whole wheat bread (gluten)

Sunday breakfast

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

Sunday lunch

Quinoa chickpea salad
Mediterranean meatballs with Hickory Nut Gap Farm sausage and beef
Tzatziki yogurt sauce
Roasted vegetable medley garnished with Kanuga garden pesto with parmesan
Spinach & feta cheese salad
Lacto fermented cabbage & carrot kraut
Warm sunflower and pumpkin seed squares (gluten) with butter

Herbal iced teas: nettle-mint herbal iced tea at lunches, oatstraw herbal iced tea at dinners