

# Nourishing Traditions Meal Ticket Menu 2018

*SUBJECT TO CHANGE*

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

## **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)

## **Saturday breakfast**

Roasted vegetables & smoked cheddar frittata  
Buttermilk biscuits with sausage gravy  
Creamy stone ground grits  
Homemade coconut maple granola with yogurt

## **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  
Kimchi  
Corn bread (gluten free option)

## **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

## **Sunday breakfast**

French toast with bananas foster (gluten free option)  
Hard boiled eggs with capers & diced red onions  
Steel cut oatmeal with assorted nuts & dried fruits  
Greek yogurt with homemade coconut maple granola  
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 baby watermelon radish, cabbage & carrot kraut  
Warm sunflower and pumpkin seed squares with butter (contains gluten)