



BY CHEF DAVID LISKEN

We are a retreat catering business based in the Northern Rivers, providing seamless catering services for retreats, workshops, and special gatherings across the region. We focus on reliability, smooth service, and supporting retreat hosts so they can stay present with their guests while we take care of the food.

Experienced in retreat environments, we understand the flow of multi-day programs and adapt easily to different group needs and schedules.



OUR FOOD & SERVICES

- Experienced retreat caterer
- Plant-based and gluten-free specialist
- Accommodates dietary requirements with ease
- Nourishing meals that support energy and well being
- Seasonal, locally inspired menus
- Flexible meal times and service
- Fully customisable menu options
- Creates memorable food experiences and connection
- Cooking classes and food workshops
- Northern Rivers-based, available throughout the region



Retreat Catering Packages

I'm pleased to share our thoughtfully curated culinary offerings to enhance your retreat experience. Below you'll find a selection of packages and add-ons, each designed to accommodate a variety of dietary preferences while showcasing vibrant, nourishing, whole-food plant-based cuisine.

Package Offerings

Package 1 — Essential Whole-Food Package

- **Price:** \$115 per person/day (Minimum 10 guests)
 - **Includes:**
 - 3 whole-food plant-based meals
 - Shopping, preparation, cooking, and pack-down
 - All dietary requirements accommodated
 - Comprehensive menu planning
 - **Note:** (Minimum 10 persons) For groups of 13 or more, a kitchen assistant is required for an additional \$240/day.
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Package 2 — Signature Retreat Experience

- **Price:** \$135 per person/day (Minimum 10 guests)
 - **Includes Everything in Essential, Plus:**
 - Grazing and snacks on arrival day
 - Enhanced breakfast options savoury & sweet
 - Elevated plating for lunch
 - Afternoon tea included
 - Premium produce & ingredients
 - **Note:** (Minimum 10 persons) For groups of 13 or more, a kitchen assistant is required for an additional \$280/day.
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Package 3 — Premium Chef Immersion

- **Price:** \$155 per person/day
- **Includes Everything in Signature, Plus:**
 - Dessert served each evening
 - Fresh-pressed breakfast juices
 - Evening table setting with linens and décor
 - Plated entrée and dinner upgrades
- **Note:** (Minimum 10 persons). For groups of 13 or more, a kitchen assistant is required for an additional \$320/day.



Add-Ons

Enhance your retreat with our selection of add-ons:

- **Premium Local Organic Tea & Coffee Station + alt. milks:** \$7 per person/day
- **Freshly cold/ slow pressed juices for breakfast:** \$8 per person/ day
- **Dessert Add-On:** \$10 per person/day
- **Snack/Grazing Add-On:** \$15-\$20 per person/day
- **Drinks package (e.g. kombucha, sodaly):** \$10 per person/day
- **Closing Night Dinner Experience (premium table set up, plated meal):** Additional \$39 per person
- **Special + Severe Dietary Requests (Low Fodmap, Anaphylactic):** Additional \$5 per person/day

Pricing Structure

For retreats running from Thursday evening through Sunday morning, catering is charged **per person based on a 3-night package**, which includes **eight meals** (Thursday dinner through Sunday breakfast). This approach ensures clear, consistent pricing aligned with industry standards.

Travel Fee

Additional fees may apply for retreats outside the Byron Bay / Northern Rivers region to cover travel, staff, and equipment transport. A detailed quote will be provided based on location.

Host Discount:

Hosts are eligible for a **20% discount on their individual catering fee** when rebooking within 12 months. This offer is exclusive to the retreat host and does not extend to guest pricing.

We look forward to crafting a memorable culinary experience for your event.

Embrace the taste of nature with our whole-food, plant-based catering solutions, and make your retreat unforgettable.

~ ARRIVAL GRAZING PLATER ~

SMOKY PUMPKIN ROMESCO, TOMATO, PICKLED SPANISH
ONION

CRUDITÉS: HEIRLOOM BABY CARROTS, CUCUMBER, RADISH

HOME MADE MIXED SEED CRACKERS & FENNEL

RAW BAR, TAHINI, DATES, SESAME SEED & CACAO

MARINATED OLIVES WITH GARDEN HERBS AND CHILI

SELECTION OF SEASONAL FRUITS

LEMON MYRTLE AND HIBISCUS ICED TEA WITH LIME



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~ DINNER ~

NATIVE MINESTRONE WITH PUMPKIN & LEMON MYRTLE,
LENTILS, ZUCCHINI, ROASTED EGGPLANT, GARDEN HERB
SAUCE, CHEESEY ALMOND & HEMP CRUMB, EXTRA VIRGIN
OLIVE OIL, PICKLED EGGPLANT AND FOCACCIA, GARDEN
SALAD

DHAL, LENTILS, CARROT, POTATOES, GREENS CORIANDER
RAITA STYLE MINT YOGHURT, BROWN RICE
ROASTED BROCCOLI WITH CURRY LEAVES, CHILI GARLOC
OIL, SALAD LEAVES

WALNUT AND TEMPEH BOLOGNESE, GLUTEN FREE GRAIN
PASTA, OLIVES, ROCKET, MARINATED ANTIPASTO ZUCCHINI
AND EGGPLANTS, MUSHROOMS, AND FRESH HERB PESTO
HEMP & FLAX SEED "PARMESAN, CESAR STYLE SALAD,
SPINACH



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~ LUNCH ~

MEXICAN BOWL, BLACK BEANS, CORN ON THE COB, SAUTEED PEPPERS, FRESH TOMATO SALSA, CRISPY CORN TORTILLA, SALSA VERDE, FRESH CHILI, LIME, SALAD, AVOCADO, GARDEN LEAVES AND RED CABBAGE

GREEK BOWL
ZUCCHINI FRITTERS,
EGGPLANT, GREEK STYLE
SALAD, FAVOSALATA DIP,
DILL AND PARSLEY,
HOMEMADE FERMENTED
CABBAGE, COCONUT
LABNAH, GARDEN LEAVES
CAPERS

SUSHI BOWL
MARINATED TOFU, BROWN
RICE, GREENS, PICKLED
GINGER, WASABI CREME,
NORI SEA WEED,
CUCUMBER, SESAME
CRUNCH, HOMEMADE
FERMENTED DAIKON
RADISH



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~ BREAKFAST SAVOURY ~

SCRAMBLED TOFU ROASTED
POTATOES WITH FRESH
HERBS BAKED CHICKPEAS IN
SPICY AND SMOKY TOMATO
SAUCE,
PAN FRIED MUSHROOMS
MARINATED RAW KALE
TOMATO SALAD
HOMEMADE PLANT BUTTER
HOMEMADE BROWN RICE
BREAD WITH CARAWAY
SEEDS

CHICKPEA FRITTATA,
ROASTED SWEET POTATO,
SAUTÉED SILVERBEET,
MELTED ONIONS
AVOCADO & LEMON
HOMEMADE PLANT BUTTER
HOMEMADE BROWN RICE
BREAD WITH CARAWAY
SEEDS

SHAKSHUKA STYLE
SILKEN TOFU IN TOMATO
SAUCE, CUMIN, PEPPERS
PARSLEY, SWEET POTATOES,
PLANT FETA
AVOCADO & LEMON
FRESH LEAVES
HOMEMADE PLANT BUTTER
HOMEMADE BROWN RICE
BREAD WITH CARAWAY
SEEDS



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~ BREAKFAST SWEET ~

CHIA BOWL
BERRY COMPOTE
HEMP SEEDS
VANILLA COCONUT
YOGURT
HOMEMADE
BUCKWHEAT GRANOLA
WITH MIXED SEEDS AND
NUTS

COCONUT RICE
PUDDING
WITH PRUNES,
CARAMELISED PEAR
WITH MAPLE
YOGURT
HOMEMADE GRANOLA
SPICED SEEDS AND
NUTS
PEANUT BUTTER

BIRCHER
GREEN APPLE, LEMON,
CINNAMON, COCONUT
YOGURT
HOMEMADE
BUCKWHEAT GRANOLA
WITH SEEDS & NUTS
PEANUT BUTTER



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~ DESSERT & AFTERNOON TEA ~



DARK CHOCOLATE
CAKE, MELTED PEANUT
BUTTER, BANANA, SEA
SALT

DRIED FRUIT PUDDING,
NUTS & VANILLA
CASHEW CREME

GRANNY SMITH APPLE
CRUMBLE, CINNAMON
& CARDAMOM CUSTARD

CARROT CAKE BLISS
BALLS, ORANGE, CHAI
SPICES,
SEEDS & NUTS

APPLE CAKE,
CINNAMON, WHIPPED
SOUR COCONUT CREME

LEMON POLENTA CAKE,
ALMONDS AND
BLUEBERRIES



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CANAPÉS

Arancini | butternut pumpkin | sriracha mayo |
thyme
xo sauce | plant parmesan

Beetroot pastrami | activated seed cracker |
hemp
ricotta | micro herbs

ENTRÉES

Homemade focaccia with rosemary
extra virgin olive oil | aged balsamic vinegar

Zucchini cannelloni | plant ricotta | toasted pine
nuts
puffed amaranth | pickled zucchini | broad bean
shoots

Cos lettuce & radicchio | lemon dressing | smoky
tempeh | snow peas & sugar snaps | dill & crispy
capers

MAINS

Handmade potato gnocchi | romesco | rocket &
basil | caramelised cherry tomatoes | toasted
cashew parmesan

Tofu “fish” | crispy rice paper skin | sea weed
caviar
fresh herbs

SIDE CONDIMENTS

Whipped homemade butter | garden herb salsa
verde | cashew parmesan | chili-fennel seed oil |
marinated olives

DESSERT

Lemon sorbet & lemon balm

Vanilla polenta & almond cake | Lemon and
orange | vegan meringue | berries

