



## **Sierra Tucson Annual Retreat Menu**

*V-Vegan / Veg-Vegetarian / GF-Gluten Free*

*\*Menu items will be labeled / description*

### **Opening Dinner Mediterranean Buffet**

**Thursday 10/17**

Organic South of France Salad  
Organic English Cucumber, Tomatoes, French Green Beans & Scallions  
Lime-Lavender Vinaigrette (V/Veg/GF)

Organic Baby Greens Salad  
Organic Grape Tomatoes, Roasted Red Peppers, Red Onion, & Kalamata Olives (V/Veg/ GF)  
On the Side: Feta Cheese, Lemon & Lime Slices  
Citrus Vinaigrette (V/GF)

Organic Hummus (V/Veg/ GF)  
Whole Wheat Pita Triangles & Lavosh (V/Veg)

Grilled Black Beauty Organic Eggplant Steaks  
with Organic Tomatoes and Olives (V/Veg/GF)

Balsamic Glazed Organic Chicken Breast  
with Caramelized Organic Onions & Oven Roasted Organic Tomatoes  
Drizzled with Aged Balsamic Glaze (GF)

Tzatziki  
Organic Cucumbers & Organic Greek Yogurt (Veg/GF)

Fresh Herb Quinoa  
with Toasted Almonds, Apricots & Tumeric (V/Veg/ GF)

Grilled Organic Asparagus (V/Veg/ GF)

Dessert: Traditional Baklava (Vegetarian)

Beverage Station  
Regular & Decaffeinated Coffees, Iced Tea,  
Hot Tea & Aqua Fresca

### **Breakfast Buffet**

**Friday 10/18 & Saturday 10/19**

Farm Fresh Scrambled Eggs (*Veg*)

Accompaniments on the Side: Chopped Ham, Cheddar Cheese,  
House-made Salsa Fresca (*Veg GF*)

Seasoned Scrambled Tofu (*Veg GF*)

Breakfast Potatoes with Peppers & Onions (*Veg GF*)

Crispy Applewood Smoked Bacon

Assorted Individual Coconut Yogurts  
With House-made Nut & Grain Granola (*Veg GF*)

Fresh Seasonal Fruit & Berries (*V/Veg/GF*)

Fresh Pastries, Muffins & Banana Bread (*Veg*)  
with Sweet Butter & Preserves

Beverage Station

Chilled Orange Juice & Ruby Red Grapefruit Juice  
Regular & Decaffeinated Coffees  
Hot Tea, Aqua Fresca

**Soup, Salad, Sandwich Lunch Buffet**

**Friday 10/18**

Soup

Roasted Corn and Poblano Chowder (*GF*)

Salad

Marinated Tomatoes, Hot House Cucumbers, Kalamata Olives,  
Shaved Red Onion,  
Basil, Feta, Mixed Greens, Balsamic- Honey Vinaigrette (*GF/V*)

Sandwiches

Roasted Vegetable- Roasted Zucchini, Yellow Squash, and Roma  
Tomatoes, Charred Red Onions, Roasted Red Pepper Hummus,  
Grilled Ciabatta (*Veg*)

Oven Roasted Turkey- Triple Cream Brie, Spinach, Red Onion,  
Honey Mustard, Grilled Sourdough

Salmon BLT- Seared Chilean Salmon, Mesquite Smoked Bacon,  
Wilcox Tomatoes, Leaf Lettuce, Lemon- Dill Aioli, Grilled Sourdough

*\*Gluten free bread will be available as an option*

Assorted Cookies & Brownies (*V*)

Beverage Station  
Regular & Decaf Coffee, Hot Tea and Water

**Inner Child Dinner Buffet ☺**

**Friday 10/18**

Salad Station  
Chopped Greens, English Cucumbers, Feta Crumbles, Apple Wood Bacon, Red Onion, Cherry Tomatoes, Basil  
Buttermilk Dressing, White Balsamic Vinaigrette

Smoked Tomato Soup (V/Veg/GF)

Mini Grilled Cheese Sandwiches (Veg)  
Grass fed Beef Sliders  
with Cheese, Lettuce & Tomato

Mini Achiote Chicken Tacos

Home School Mac & Cheese (Veg)

Crispy Chicken Tenders  
Honey Mustard, Buttermilk Ranch, Brown Sugar BBQ & Chipotle dipping sauces

Smoked Roasted Street Corn on skewers (Veg/GF)

Chipotle Aioli / Cotija Cheese & fresh Cilantro

Dessert  
Brownie Sundae Station  
Vanilla Ice Cream (Veg/GF)  
Coconut Sherbet (V/Veg/GF)  
Brownie Bites (Veg)  
Whipped Cream, Sprinkles, Cherries, Carmel & Chocolate Sauces

Beverage Station  
Regular & Decaffeinated Coffees, Iced Tea,  
Hot Tea & Aqua Fresca

**Soup, Salad, Sandwich Lunch Buffet**

**Saturday 10/19**

Soup  
Westward Chicken Tortilla (GF)

Salad  
Classic Caesar, Hearts of Romaine, Toasted French Bread  
Croutons, Aged Parmesan, Caesar Dressing (V/Veg)

### Sandwiches

Seared Ahi- Sesame Crusted Tuna Served Rare, Kalamata Olive Tapenade, Roma Tomatoes, Balsamic Honey, Mixed Greens, Grilled Baguette

The Club- Oven Roasted Turkey and Ham, Swiss, Leaf Lettuce, Roma Tomatoes, Shaved Red Onions, Roasted Garlic Mayonnaise, Grilled Sourdough

Caprese- Roma Tomato, Fresh Mozzarella, Red Onion, Basil Pesto Aioli, Balsamic Reduction, Grilled Ciabatta (VEG)

*\*Gluten free bread will be available as an option*

Assorted Cookies & Brownies

### Beverage Station

Regular & Decaf Coffee, Hot Tea, Water

### **Southwestern Dinner Buffet**

**Saturday 10/19**

Organic Chicken Tortilla Soup (GF)

On the Side: Diced Avocado & Crispy Tortilla Strips

Organic Sonoran Salad (V/Veg/GF)

Organic Romaine Lettuce, Grape Tomatoes, Carrots, Jicama, & Charred Corn (*Vegan & GF*), Cilantro Lime Vinaigrette  
Prickly Pear Vinaigrette (V/Veg/GF)

Sizzling Fajitas

Warm Whole Wheat Flour and Corn Tortillas (GF)

Fajita Style Organic Chicken Strips with Organic Peppers & Onions (GF)

Navajo Spiced Organic Butternut Squash Sticks with Organic Peppers & Onions (V/Veg/GF)

Pineapple Mole Poached Wild Salmon in Banana Leaves (GF)

On the Side: Shredded Cheese, Hand Torn Cilantro, Lime Wedges, Shredded Cabbage, Sliced Radishes, Sour Cream

Sweet Corn and Green Chile Tamales (Veg/GF)

Vegetarian Arroz Mexicano (V/Veg/GF)

Rice Flavored with Oaxaca Spices, Organic Charred-Corn, Garden Peas, & Garden Tomatoes

Calabacitas con Queso (Veg/GF)  
Slow-Cooked Organic Squash with Organic Sweet Onions, Peppers,  
Cilantro & Cheese

Black Beans (V/Veg/GF)  
With Garlic, Organic Peppers, Celery, Onions & Diced Scallions

Chef Jesse's House Made Organic Salsa (V/Veg/GF)

Chocolate Cinnamon Nachos (GF)  
With Chocolate Mousse and Berries

Beverage Station  
Regular & Decaffeinated Coffees, Iced Tea,  
Hot Tea & Aqua Fresca

**Brunch**  
**Sunday 10/20**

Made to Order Omelet & Egg Station  
Eggs, Egg Whites & Tofu Made to Order - Toppings to  
Include: Ham, Onions, Mushrooms, Spinach, Swiss,  
Cheddar and Pepper Jack Cheeses, Roasted Peppers,  
Bacon & Jalapenos

Mediterranean Station  
Grilled Artichokes, Asparagus, Carrots, Roasted Red  
Peppers, Variety of Olives, Hummus and Eggplant Spreads  
(V/Veg/GF)

Tomatoes, Fresh Basil and Garlic Bruschetta  
(Veg)

Crispy Pita Triangles and Crostini

Smoked Salmon Station:  
Sliced Tomatoes, Red Onions, Eggs and Capers  
Assorted Bagels with Cream Cheese

Crispy Applewood-Smoked Bacon (GF)

Breakfast Potatoes with Peppers & (V/Veg/GF)

Imported and Domestic Cheese Display (Veg)  
with Dried Fruits and Assorted Crackers

Sliced Seasonal Fresh Fruit and Berries (V/Veg/GF)

Assorted Pastries, Croissants and Muffins (Veg)  
Selection of Miniature Pastries, Tarts and Truffles

Beverage Station  
Chilled Orange Juice & Ruby Red Grapefruit Juice  
Regular & Decaffeinated Coffees  
Hot Tea, Aqua Fresca

*We do our best to accommodate dietary restrictions. If there is something else you may need, you'll find both Safeway and Whole Foods within walking distance of the resort. All Westward Look Resort guest rooms offer a mini refrigerator.*