



Sierra Tucson Annual Retreat Menu

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

**Menu items will be labeled / description*

Opening Dinner Mediterranean Buffet

Thursday 10/19

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 10/20 & Saturday 10/21

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 10/20

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 10/20

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 Fried Chicken

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

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 10/21

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- Romao 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 10/21

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 10/22

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