

OWN YOUR TRUTH

THURSDAY 21ST MAY 2026

ON ARRIVAL

Mini Yoghurt Cup with berry compote & granola (V, GF)

**Coconut yogurt option available (VG, GF)*

Fresh Seasonal Fruit Basket

MORNING TEA

Homemade Banana Bread with maple butter (NF, GF)

Roasted Pumpkin & Fetta Tart (V, NF)

LUNCH

Kale Salad with freekeh and green soy beans, lemony dressing (NF, VG)

Mediterranean Tuna Salad (NF)

Mexican Salad with black and white quinoa, corn & beans (V, GF)

Coleslaw with dry roasted sesame dressing (V, NF)

HOT FOOD

Spice Rubbed Roast Chicken with roasting juices (NF, GF)

Ora King Salmon baked with citrus, dill and fennel (NF, GF)

AFTERNOON TEA

Chai Pudding Coconut Milk, cocoa powder, maple syrup (VG, NF, GF)

Dark Chocolate Brownie, Murray River sea salt (GF, NF)

BEVERAGES

Includes filter coffee, tea and a selection of juices



MARNONG

ESTATE