

RICHIE 'SOIGNEUR' BIKELANE.

EXAMPLE WEEKEND MENU

Saturday dinner menu.

Antipasti. (some V)

Penne with Ragu sauce, made to an authentic Italian recipe.

Creamy Polenta with rustic roast veggies (V)

salads (V)

Venetian Rice pudding

Stewed fruit with coconut cream(V)

Sunday Breakfast.

Coffee and tea. Nudie juice,

Richie's muesli superfood with chia and quinoa . (V)

Stewed fresh fruit. Greek yoghurt.

Slow cooked Porridge with quinoa and honey or molasses (V)

Toast with butter and marmalade, Vegimite, peanut butter or honey

Sunday snacks for famished finishers

Spicy pumpkin soup (V) with cheese scones or plain scones (V)Homemade baked chili bean feast (V)

Chili bean feast with baked egg n cheese

Sunday dinner menu

Hummus (V) and in-house made Tzatziki with flat bread

Richie's authentic Greek Moussaka .

Bean and lentil Mousaaka (V)

salads

Peach cobbler (V) with greek yogurt and honey or cream

Monday breakfast

Whatever is left.

(V) = VEGAN.

