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**Rasa**  
*retreat*  
*Nourish Your Soul*

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MENU & PRE-FIXED SAMPLE MENU

*Please note that meals are pre-decided and will be shared on arrival.  
Guests have options to choose from pre-fixed menu options.  
This menu is just a sample of the varied offerings.  
Additional Menu items will be added.*

## ***BREAKFAST***

### ***INTERNATIONAL FAIRE***

- Pancakes
- Waffles
- French Toast
- Eggs to Order
- Sausage, Ham, Bacon, ... assorted meats
- Cereals, Oats, Granola, and more

### ***INDIAN***

- Upma
- Poha
- Misal Pav
- Idli – Sambhar
- Dosa

**Tea/Coffee/Hot Chocolate**

**Toast with Jelly (Jam)-Spreads-Other Condiments**

**Array of fruit juices (some fresh, some packaged)**

**Choice of Fruits**

## ***LUNCH***

- **Traditional Indian Vegetarian Saatwick Meal**
- ***Homemade Dressings***
  - Honey Mustard
  - Cool Ranch
  - Greek
  - Zesty Italian
  - Mandarin

***SALADS***

- Cabbage-Peanut Salad
- Mandarin Chicken Salad
- Grilled Veggie Salad
- Fiesta Salad with Spicy Cilantro Pepper Dressing

***WRAPS***

- Mediterranean
- Mexican
- Indian
- Chicken Tenders
- Cajun Blackened Fish/Shrimp/Chicken

***SANDWICHES***

- Vegetarian
- Grilled Cheese
- Ham & Cheese
- Cold Cuts

***SOUPS***

- Cream of Tomato/Tomato Bisque
- Cream of Mushroom
- Corn Chowder
- Chicken Noodle Soup
- Egg Drop/Sweet Corn Soup – With Veggies/Chicken
- French Onion Soup
- Roasted Red Bell Pepper Soup

***SNACKS***

- Quick and Easy Quiches
- Granola Bars
- Paani Puri – Chaat
- Nepalese/Tibetan Momos (Vegetarian & Non-Vegetarian)
- Vegetarian & Non-Vegetarian Pinwheels
- Quesadillas
- Nachos
- Tortillas & Queso-Salsa-Guacamole

***DINNER***

- Traditional Thai
- Mexican Fiesta
- American Fusion
- Italian Invasion – Pastas & More
- Mixed Asian (Burmese Tamize, Chinese Faire, Malaysian Curry, ... )
- Punjabi Vegetarian (Rajma, Chole, Mixed Veggie Korma, Daal, Roti, Rice, and More)
- Indian Non-Vegetarian (Chicken Tikka Masala, Butter Chicken, Mutton Curry, and More)

***DESSERT***

- Flan/Crème Bruleé
- Eggless Goey Chocolate Pressure Cooker Cake
- Mexican Pastel de Tres Leches (Cake)
- Lemon Squares
- Nutella-Oreo Cake
- Bread Pudding
- Cookies
  - Oatmeal Raisin
  - Peanut Butter Cookies
  - Chocolate Chip
- Ras Malai (Indian)
- Gulab Jamun (Indian)
- Shortcake with fresh fruit and cream
- Ice Cream Sundae

***BREAKFAST***

**Choice of One of the following:**

- Waffles, Baked Beans, and more
- Traditional Indian Idli-Dosa
- Eggs & More
- Oats Upma

*The following come standard with every breakfast*

- Cereals
- Toast with Jelly (Jam)-Honey-Butter-Other Condiments
- Coffee/Tea/Hot Chocolate
- Variety of Fruits and Fruit Juices

***LUNCH***

- Salads of choice
- Sandwiches
- Soups
- Light Dessert

***SNACK***

*At least two of these and others will be pre-selected and offered for your enjoyment.*

- Quiche (Vegetarian and Non-Vegetarian)
- Chicken/Veggie Pot Pie
- Momos
- Honey Oat Snack Bars
- Corn Fritters
- Mini Pizzas
- Empanadas
- Samosas

***DINNER***

**SAMPLE THEMED DINNERS**

**- *Mexican Fiesta/Tex-Mex***

- Quesadillas
- Guacamole & Chips
- Nachos
- Veggie and Meat Fajitas
- Homemade Tortillas
- Refried Beans
- Mexican Rice
- Pastel de Tres Leches
- Churros with Chocolate Dipping Sauce

**- *Asian Fusion***

- Tamize (Burmese Cabbage Salad Preparation) with Indonesian Satay Chicken or Veggies
- Momos/Potstickers
- Thai Curry with Rice – Red or Green; Chicken or Veggie
- Thai BBQ Beef
- Pad Thai – Vegetarian or Chicken
- Satay Chicken
- Veggie Fritters with Asian Sesame Dip
- Hakka Noodles
- Chicken or Veggie Stir Fry
- General's Chicken/Sesame-Honey Chicken
- Veggie or Chicken Chow Mein
- Honey Noodles with Ice Cream
- Coconut Ice Cream

***-Italian Invasion***

- Italian Nachos
- Bruschetta
- Tomato and Mozzarella in Balsamic Vinegar
- Chicken Scappolini
- Pasta with Mushrooms and Spinach in a lemon-butter sauce
- Spaghetti in Marinara Sauce
- Vegetarian and Meat Cannelloni
- Fettuccini Alfredo
- Pasta Primavera
- Pizzas & Calzones
- Eggplant Parmigiana
- Tiramisu
- Canoli

***-Americano***

- Parmesan Zucchini Sticks
- Roasted Corn
- Garlic Mashed Potato with Brown Gravy
- Grilled BBQ Chicken or Beef or Veggies
- Baked, stuffed Chicken
- Sauteéd Mushrooms
- Garlic-Butter Green Beans with Toasted Almonds
- Texas Sheet Cake
- Goopy Chocolate Cake with Ice Cream
- Apple or Peach Pie with Ice Cream

**- *Indian Spice***

- Dhokla
- Ghugara
- Aloo Tikki
- Chat – Paani Puri, Bhel, Sev Puri
- Kebabs & More – Sheesh Kebab, Chicken Tikka, Malai Chicken, Paneer Tikka, Paneer Malai, Reshmi Kebab, Shaami Kebab (Vegetarian and Non-Vegetarian,) Gulati Kebab.
- Rajma or Chole
- Tandori Chicken or Paneer
- Palak Paneer
- Peas & Mushrooms
- Mutton Masala
- Coconut Shrimp/Fish Curry
- Jeera or Plain Rice
- Roti – wholewheat, multi-grain, and/or flour
- Paratha
- Gulab Jamun

**- *Goan Specialty Cuisine***

- Shrimp Balchao
- Chicken Xacutti
- Carafel
- Chicken or Pork Vindaloo
- Goan Chilly Sausage (Beef, Chicken, or Pork)
- Goan Fish Curry
- Bebinca with Ice Cream