

# *Nerano, Italy Wellness & Writing Retreat*

## *MENU*

*\*This menu has: No Peanuts, No Soy, No Legumes\**  
*We also provide vegan and gluten free options*

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**7:00 A.M. – 8:45 A.M.**

### *Breakfast Each Day*

From Sept. 20th to Sept. 25<sup>th</sup>, 2015

Choose from homemade biscuits, cakes, fruit rusks with jam. Eggs, fresh fruit, yogurt, cereal, milk, coffee or tea.

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**Sat. Sept. 19<sup>th</sup>**

**6:00 P.M.**

### *Welcome Dinner*

- Bruschetta with tomato, garlic and basil
- Zucchini scapece with vinegar, garlic, extra virgin olive oil
- Eggplant rolls stuffed with bread crumbs
- Pumpkin risotto with parsley & chili
- Seafood rice
- Salty pizza stuffed with escarole and black olives.
- **Dessert:** Chocolate cake - Limoncello & coffee or tea



**Sunday Sept 20th**

**11:45 P.M. – 1:00 P.M.**      *Lunch*

- Grilled Tuna and Provolone Sandwiches with Salsa Verde
- Grilled Pepper Panzanella
- Tomato Basil Soup
- Tea or coffee



**6:00 P.M. – 7:30 P.M.**      *Dinner*

- Eggplant, zucchini, peppers, pumpkin on the grill.
- Pasta with fresh tomato and basil or pasta with artichokes and onion (gluten-free pasta is available)
- Spaghetti with seafood (shrimp & scallops) on gluten-free pasta.
- Salty pizza stuffed with spinach
- **Dessert:** Tiramisù - Limoncello & coffee or tea



## Monday Sept. 21st

No lunch at Retreat Villa - Gastronomic tour today with pizza lunch included.



### 6:00 P.M. – 7:30 P.M. *Dinner*

- Mixed vegetable soup and toasted barley
- Potato gnocchi with tomato and basil
- Sorrento tomatoes stuffed with rice, olives and capers
- Mixed grilled meat with vegetables
- **Dessert:** Crostata - Limoncello & coffee or tea



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## Tuesday, Sept. 22nd

### 11:45 P.M. – 1:00 P.M. *Lunch*

- Black bean soup with mashed potatoes
- Grilled Prosciutto, Fontina & Sun-Dried Tomato Sandwiches
- Italian leafy green salad
- Tea or coffee





**6:00 P.M. – 7:30 P.M.**      *Dinner*

- Italian Bread
- Pepperonata
- Shrimp Caesar Salad
- Gluten free Rotollo Imperiale
- Ravoli with meat & spinach



**Dessert:** Zeppole with chocolate or berry sauce -- Limoncello & coffee or tea



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**Wednesday, Sept. 23rd**

Lunch in Positano today



**6:00 P.M. – 7:30 P.M.**      *Dinner*

- Open Evening to make pizzas of our choice in a wood oven:
- Pizza with Eggplant, tomato and olives
- Pizza with arugula and cherry tomatoes



- Pizza with onions
- Pizza with artichokes
- Buns with oregano and oil
- **Dessert:** Gelato - Limoncello & coffee or tea



**Thursday, Sept. 24th**

**11:45 P.M. – 1:00 P.M.      *Lunch***

- Roasted Vegetable Minestrone soup
- Penne with Eggplant, Tomato & Basil
- Grilled Chicken & Arugula Caesar Salad with Grilled Croutons
- Tea or coffee



**6:00 P.M. – 7:30 P.M.      *Dinner***

- Dinner at the beach - “Maria Grazia Restaurant” tonight. Try a variety of local appetizers, wine & dessert
- Limoncello & coffee or tea – back at the Villa



Additional drinks (other than coffee, tea, water & a Limoncello with your evening dessert) are not included in the cost of this Retreat and can be purchased separately at your own expense.