

Ralston White Retreat

Breakfast, Lunch and Dinner Menus

Following you will find a selection of items that we serve for breakfast/brunch, lunch, and dinner. For your stay, please choose one item for each meal. Vegetarian and/or vegan alternatives are available for most entrees. Please notify us of the number of vegetarians and vegans in your group and if there are any individuals with food allergies. Our talented kitchen staff would also be happy to work with you to design a special menu.

Coffee and tea service and a fresh fruit bowl are available all day.

Most meals are served buffet style.

Breakfast

Hot and cold cereals, fruit juice, homemade granola, yogurt, toast, peanut butter and jellies, bagels, cream cheese and fresh fruit of the season are served with all our breakfasts, and brunch.

Frittata

Choice of vegetarian and/or ham and cheese. Served with baked cottage potatoes and your choice of homemade muffins, scones, or coffee cake.

Whole Grain Pancakes

Choice of banana, blueberry or plain. Served with homemade applesauce, and hard boiled eggs.

Baked Apple French Toast

Served with blueberry sauce, fruit salad, and hard-boiled eggs.

Continental Breakfast

Bagels with cream cheese, homemade muffins or scones, fresh seasonal fruit with yogurt and / or cottage cheese, hard-boiled eggs, and cold cereal bar.

Scrambled Eggs

Served with cheese and scallions, baked cottage potatoes, and your choice of homemade muffins, scones or coffee cake.

Egg Cups

Served with baked cottage potatoes, fresh fruit of the season, and your choice of homemade muffins, scones or coffee cake.

Rice or Bread Pudding

Served with apple or blueberry sauce. Served with fresh fruit salad.

Lunch

A hearty fresh salad with homemade dressing is served with every menu choice.

Pasta Raphael

Marinated artichoke hearts and roasted vegetables in a homemade red sauce with chicken or Italian sausage. Served with homemade bread.

Pasta Pesto

Pasta with pesto sauce, roasted vegetables and chicken or Italian sausage. Served with homemade bread.

Pad Thai

Pad Thai with coconut milk, vegetables, chicken or shrimp. Served with a cucumber salad.

Middle Eastern

Tabouli, hummus, tuna salad, sprouts and pita bread. Green salad served with cucumber raita dressing.

Soup or Chili with Salad

A homemade seasonal soup or chili and green salad topped with marinated chicken strips. Served with homemade bread.

Polenta and Vegetables

Polenta and roasted vegetables with chicken or Italian sausage. Served with homemade bread.

Sandwich Buffet

Choices of meat are turkey, ham, and tri-tip. Served with selection of cheeses, condiments, and homemade rolls. Served with potato salad, or bean salad.

Main Dish Salads

Chicken Cobb Salad: A bed of lettuce with vegetables, blue cheese, bacon, hard boiled eggs and marinated chicken strips, or Chinese Chicken and Broccoli Salad: Served with walnuts and jasmine rice.

Served with homemade bread.

Salad Buffet

Tuna or chicken salad, southwestern bean salad, jeweled rice salad, and a green salad. Served with homemade bread.

Dinner

A hearty fresh salad with homemade dressing is served with every menu choice.

Roasted Chicken

Served with rice (wild, basmati, brown, or pilaf), potatoes, or couscous, seasonal vegetables, and homemade bread.

Roasted Salmon, Cod, or Tilapia Fillets

Seasoned and roasted, served with rice (wild, basmati, brown, or pilaf) or couscous, vegetables, and homemade bread.

Beef Tri-Tip

Seared and roasted, with mashed potatoes, steamed or roasted vegetables, and homemade bread.

Pork Tenderloin

Roasted and sliced, served with mashed or roasted potatoes, vegetables, and homemade bread.

Taco & Burrito Bar or Green Chicken Enchiladas

Served with rice, beans, fresh salsa, chips, and sour cream.

Chicken and/or Tofu/Vegetable Curry

With potatoes and cauliflower in a rich coconut curry broth, served with basmati rice, lentils, and fresh bread.

Teriyaki Chicken, Salmon, and/or Tofu

Served with brown rice, mixed vegetables, and Asian salad.

Roasted Vegetable, Chicken or Beef Lasagna

Served with spinach or Caesar salad, and garlic bread.

Desserts

We are famous for our delicious homemade desserts, breakfast breads, scones and muffins that are included in the lunch, brunch and dinner menus. Desserts include cookies, cakes, and seasonal fruit desserts.

