



## Friday Cooking Class

### Spices of the Carribbean & African Culinary Retreat

#### **African Poached Prawns**

*Bacon Crusted Sweet Plantain, Smoked Shrimp & Chili Mayo*

#### **Jerk Chicken**

*Coconut Thyme Rice, Cinnamon Glazed Carrots & Parsnip*

#### **Harissa Roasted Lamb Rack**

*Tabbouleh Salad, Mint Vinaigrette*

## Saturday Continental

#### **Selection of Fresh Baked Pastries**

*Sweet Butter & Preserves*

#### **Smoked Salmon Platter**

*Herb Cream Cheese, Bagel, Capers & Red Onion*

#### **Vegetarian Quiche**

*Local Vegetables & Goat Cheese*

#### **Island Breakfast parfait**

*Granola, Hemp & Pumpkin Seeds, Honey Yoghurt, Fresh Berries*

#### **Seasonal & Exotic Fresh Fruit Platter**

#### **Selection of Fresh Juice**



## **Sunday Brunch Class**

### **Welcoming Cocktail**

*Mimosas*

### **Bacon & Chive Scones**

*French Madelaine's*

### **Mascarpone & Dried Fruit French Toast**

*Berry Compote & Maple Syrup*

### **Dungeness Crab Benny**

*Soft Poached Farm Eggs, Citrus Hollandaise*