

Cochise Stronghold, A Canyon Nature Retreat
VEGAN Breakfast Menu

We use only the highest quality foods – local, fresh and organic* as available.

ENTREES - Please circle one entrée plus your selections for the SIDES.

1. Slow Cooked Steel Cut Oats * Served with side dishes of freshly toasted pecans & walnuts; freshly prepared apple compote with raisins, cinnamon and nutmeg

2. Scrambled tofu – made with soft tofu, caramelized onions, turmeric, seasonings & fresh tomatoes. Scrambled in coconut or avocado oil.

3. SouthWest Vegan Breakfast - Mendocino Black Beans (slightly hot spicy), Vegan Tamale (as available), toasted Corn Tortillas , Roasted Salsa and Guacamole with fresh avocados, lime & cilantro

4. Muktananda's Breakfast Cereal - Served in India as mainstay breakfast fare, this slow cooked millet cereal dish is very tasty! Ingredients include: millet, coconut milk and oil, dates, green chiles, onions, tomatoes, ginger, fenugreek.

SIDES – please order as you wish

Whole Sprouted Wheat Berry toast; or Gluten Free Multi-Grain toast:

With your choice from the following selection of spreads & jams :

Coconut butter*, Almond butter*, Unsalted natural peanut butter, salted natural peanut butter, marmite. Jams* & jellies as available

Or Fresh Baked CornBread - sweet or gluten free, with caramelized onion, olives, sweet peppers & rosemary from our garden

Or Pan-fried Potatoes - red and Yukon gold potatoes fried in heavy cast iron with fresh rosemary and thyme from our garden.

Fresh Fruit *– as available

Chia Seeds & Almond Milk – breakfast pudding (nice with fruit)

Choice of one Fruit Smoothie or Fresh Valencia Orange Juice* - served Ice Cold

Blueberry, Orange, Banana

Strawberry, Orange, Banana

Peach, Orange, Banana

Peach, Mesquite Powder*, Orange, Banana

Red Pepper & Orange Juice – surprisingly good

Green Protein Chocolate Smoothie - Spinach, Chocolate, Almond Milk & Vegan Protein Powder

Pineapple, Coconut, Banana

Mango Lhassi – frozen mango, almond milk, rosewater and cardamom

Date, Almond Smoothie – made with freshly peeled almonds and California dates

Coffee & Teas are in your room, please let us know if you need soymilk or almond milk

Your preferred ***Breakfast Time***: Service is in your room, between 7:30 – 9:30 am. _____