

SIP THE BOTANICAL GOODNESS WITH THE FOLLOWING BLENDS:

REVIVE

Reawaken the senses with this beautifully sweet and subtle invigorator.

A blend of lemon scented tea tree and hawthorn berries.

HARMONY

This heart warming spicy blend brings a fresh perspective. A recipe of cinnamon, cloves, lychee berries, cardamom, ginger, lemon balm and purple marshmallow flowers.

DIGEST

The perfect conclusion to any meal. This soft exotic blend leaves you with a deliciously tangy after taste. Made from natures sweet licorice, peppermint and chamomile.

DREAM

An aromatic cup of reverie blended from natures choicest organic agents of slumber.

A luscious merger of the finest lavender, chamomile and hawthorn berries.

CALMA

A soothing sip with a lush, head clearing character overflowing with botanical tranquility. Calendula, lemon balm, rose petals, peppermint and aniseed.

Cool and Fresh

Fruit juice

Stephanie's tropical punch

Lemon infused spring water

Sweet Sin

Home made chocolates

Alcohol

We do not provide alcoholic drinks, however you are welcome to bring your own to enjoy during special occasion retreat packages.

Please ask for details at the time of booking.

REFRESHMENTS

DAY SPA RETREATS

When you experience 'Stephanies Spa Journey', a delicious healthy lunch is included, complimentary. However if you would like to indulge in our Spa Cuisine and are receiving one of our treatments, a delicious lunch can be provided at an extra \$18 per selection.

Your lunch is freshly prepared for you by Riverbend Tea House, and served in our tranquility room. Sit back, relax and enjoy.

SPA CUISINE

- Seasonal fruit served with Barambah "Bush honey" organic yoghurt.
\$15.00
- Hand rolled sushi selection: 4pcs large, 6 small and 2 nigiri. Served with soy wasabi and pickled ginger
\$18.00
- Vietnamese rice paper rolls with chicken, fresh herbs and vegetables.
Served with Nouc cham dipping sauce
\$18.00
- Smoked salmon and cucumber sandwich with caper and dill sour cream (fresh brown loaf). Served with garden salad.
\$15.00
- Turkey, cranberry and brie on toasted Turkish bread. Served with garden salad.
\$15.00
- Grilled eggplant, semi dried tomato, pumpkin and caramelised onion on toasted Turkish bread. Served with garden salad.
\$15.00

LENOTRE HIGH TEA

CONE AU CHOCOLATE A rich dark chocolate cone filled with luscious berries and served with cream

MACARONADES Macaroons made of soft almond meringue filled with fresh raspberries and lemon curd

TARTE AU CITRON The classic French lemon tart, sweet pastry filled with almond and lemon cream, topped with lemon meringue

OPÉRA Chocolate pastry with layers of almond biscuit, decadent chocolate ganache with coffee butter cream and topped with gold leaf

CAMAÏEU Layers of chocolate sponge flavoured with marzipan in between layers of dark and milk chocolate mousse topped with ivory Chantilly cream

AMBIANCE Layers of vanilla Bavarian cream, fruits of the forest jelly and caramelised hazelnuts

SCONES JAM AND CREAM Traditionally baked scones with homemade jam and cream

ASSORTED FINGER SANDWICHES

Adults \$45 per person

FRENCH HIGH TEA

Warm selection of Quiche
Mini sandwiches
Assorted cheese with crisp breads
Strawberry Mille Feuille
Citron tarts
Raspberry friands
Pistachio macaroons

\$35 per person