

BRAIN FOOD DINNER PARTY

EMERALD LAKE LODGE X NEUOTRITION

Our biggest menu yet, created with the Executive Chef at Emerald Lake Lodge for a 4 day retreat for the University of Calgary's Hotchkiss Brain Institute and Branch Out Neurological Foundation. The event, called *Unlike Minds*, featured a research-backed welcome reception menu, breakfasts, lunches, dinners, plus morning and afternoon snacks each day!

RECEPTION, DAY 1

Roasted Buffalo Striploin, Fresh Horseradish, Wild Mushroom Ragout, Herb Chimichurri, Beet & Watercress Salad

Chickpea Flatbreads, Gravlax & Arugula, Swiss Chard & Apple, Labneh & Pomegranate

Sourdough Crostini, Miso Spinach & Scallion, Labneh, Radish & Sumac

Halibut & Salmon Ceviche

Sweet Potato Roesti, Avocado Salad & Microgreens

Elk Tenderloin Tartar on Belgium Endive, Assorted Pickles

Raw Vegetable Platter, Cultured Butter Bagna Cauda

Pickled Vegetable Platter

Cauliflower, Fennel & Cashew Salad

Wilted Leek Salad, Walnut & Fresh Herbs

Fresh Fruit Platter, Yogurt Dips, Nuts & Seeds

Dark Chocolate Coconut Pot De Crème

Chocolate Quinoa Cakes, Fresh Berries

BREAKFAST, DAY 1-4

Selection of Kefir Smoothies, Fruit Platter

Cheese Selection-Raw/Vegan, Sliced Game Meat Selection

Assorted Yogurts, Keto & Vegan Cereals, Nut & Seed Sprinkles

Roasted Sweet Potatoes, Grilled Asparagus & Tomatoes

Sourdough Pancakes & Muffins

Grilled Avocado, Tomato Salsa & Poached Eggs

Sweet Potato Latka, Smoked Salmon Benedict

Roasted Squash, Buffalo Pastrami & Herb Hash

Egg Muffins, Assorted Fillings

Tea & Coffee, Juices: Beet, Pomegranate, Pear, & Cherry

Menu by



neurotrition
REAL FOOD. FOR THOUGHT



LUNCH, DAY 2**GRAB N GO PICNIC**

Moroccan Vegetable Stew

Vegetable & Spelt Pie

Broccoli Almond Tart

Vegetable Banh Mi Sandwiches

Smoked, Poached & Gravlax Platter, Pickled Radishes, Cucumbers, Red Onions

Deviled Eggs, Beet Pickled Eggs

Kale Crisps

Broccoli, Herb & Microgreen Fattoush Salad

Asparagus Salad, Herb Vinaigrette

Fresh Fruit Pavlova

LUNCH, DAY 3**TACO BAR**

Corn Tortillas, Lettuce Leaves

Spiced Bison, Miso Tempeh, Roasted Cauliflower

Radishes, Tomatoes, Pickled Red Cabbage, Avocado, Sweet Potatoes, Crisp Brussel Sprout Leaves, Pickled Red Onions, Pickled Chilies

Fermented Green Tomato Salsa, Fresh Fermented Salsa, Fruit Salsa, Cilantro Crème Fraiche

Roasted Pineapple & Grapes, Caramelized Citrus Fruit, Yogurts & Sprinkles

Mexican Chocolate Loaf, Baked Doughnuts, Churros Bites

MORNING AND AFTERNOON SNACKS

Served with coffee & tea service

Morning 1

Berry Bites, Compost Cookies, Banana Cookies

Morning 2

Frozen Smoothie Shots, Compost Cookies, Carrot Cake Bliss Balls

Afternoon 1

Rice Krispie 2.0, Nut & Seed Loaf With Nut Butters, Green Smoothie Shots

Afternoon 2

Rice Krispie 2.0, Lemon Coconut Bliss Balls, Popcorn & Mango Pumpkin Seed Trail Mix

Menu by



neurotrition
REAL FOOD. FOR THOUGHT



DINNER, DAY 2

Served with tea & coffee, bread selection with cultured butter & dukkah

FIRST COURSE

Loaded Cauliflower "Baked Potato" Soup

SECOND COURSE

Seared Black Cod Slider, Caramelized Onion Sourdough Biscuit, Red Cabbage & Tartar Sauce

ENTREE

Butternut & Swiss Chard "Lasagna", Mushroom & Elk Sauce

DESSERT

Sticky Toffee Pudding, Coconut Anglaise & Almond Butter Caramel, Chocolate Pave, Hot Milk

DINNER, DAY 3

Served with tea & coffee, bread selection with cultured butter & dukkah

FIRST COURSE

Wild Mushroom & Walnut Soup

SECOND COURSE

Bitter Greens, Carrot & Fermented Turnip & Beet Salad

ENTREE

Roasted Elk Striploin, Cauliflower Couscous, Winter Vegetable Tagine, Turmeric Herb Cultured Butter, Berry Gastrique

DESSERT

Pear Pecan Galette, Medjool Date Caramel, Crème Fraiche & Pomegranate

Menu by



neurotrition
REAL FOOD. FOR THOUGHT

