

MENUS

NOTE: If you are physically unable to stand in the food lines, please come to the front of the line. If you need help carrying your food, please ask one of the ticket takers for help. Menus subject to change without notice.

Our meals are made using **Baja Gold** sea salt, **Pure Indian Foods** ghee, **Local Pasture** eggs, **Pleasant Pastures** cheese and butter, **Rich Nuts** assorted nuts, **Gardens of Grace** almonds, dates, walnuts and pecans, **Redmond's Real Salt** cream and raw milk, **Loncho's Larder** lard, **One Degree** sprouted oats and flour, **Hollow Tree Honey** honey.

Menu subject to change without notice.

FRIDAY LUNCH BUFFET

Sunny Side Up Farm Nose-to-Tail Shepherd's Pie

Green Mountain Salad tossed with Creamy Herb Dressing

Leavity Artisanal Sourdough Bread with **Pleasant Pastures** Grassfed Butter

Apple Crumble

Garden Goddess Ferments

Han's Kombucha



FRIDAY DINNER BUFFET

Northstar Bison Bison Pot Roast served with Roasted Root Vegetable Medley

Foraged Salad Mix

Leavity SLC Sourdough Bread with **Pleasant Pastures** Grassfed Butter

Garden Goddess Ferments

Butterscotch Budino topped with Caramel Sauce

Han's Kombucha

GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

450 pounds whole turkey	500 dozen eggs	150 pounds rolled oats
150 pounds turkey livers	300 pounds assorted cheeses	300 pounds of assorted flours
600 pounds hamburger with organ meat	400 pounds bones for stock and dessert	75 pounds sea salt
300 pounds ham	500 pounds raw butter	125 pounds raw honey
250 pounds salmon	100 gallons ghee	6 gallons maple syrup
600 pounds bison	40 gallons yogurt	70 gallons real milk
600 pounds leg of lamb	45 gallons olive oil	700 pounds potatoes
200 pounds pork	80 gallons ferments	250 pounds each of dates, almonds
325 pounds breakfast sausage	30 kegs kombucha	& pecans

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SATURDAY LUNCH BUFFET

Wild Local Greens with **Pleasant Pastures** Crumbled Feta drizzled in Citrus Vinaigrette

Old Home Place Rich Pastured Turkey & Vegetable Soup

Amos Miller Organic Farm Beef Sausage with Roasted Onion & Bell Pepper Mélange

Leavity Sourdough Bread, **Pleasant Pastures** Grassfed Butter & **Pure Indian Foods** Ghee

Garden Goddess Ferments

Conference Classic Creamy Cheesecake with **Amos Miller Organic Farm** Cream Cheese,
Gardens of Grace Dates & Almond Crust Drizzled with Rainier Cherry Coulis

Han's Kombucha



SATURDAY DINNER BANQUET

Wild for Salmon Smoked Salmon Verrine

Northstar Bison Braised Leg of Lamb with Herb-Scented Jus atop White Bean Tomato Ragout
with Swiss chard & Asiago-Parmesan Polenta

Leavity Sourdough Focaccia with **Pleasant Pastures** Grassfed Butter

Garden Goddess Ferments

Old-Fashioned Sour Cream Butter Cake with Fresh Fruit & Chantilly Cream

Han's White Peach Champagne Kombucha 25 Year Toast

Cash Bar

Countless hours go into preparing the menu, obtaining and preparing the food and working with the hotel chefs and staff so that our meals are a beautiful reflection of our dietary principles and a memorable part of the conference.

Besides the hotel chefs and staff, we wish to thank Paul Frank for his work in obtaining the food and Yolanda Hawthorne as the chef consultant who plays an important role in planning and executing the menu. Their hard work brings us meals that are a highlight of the conference. *Bon Appétit!*

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SUNDAY BRUNCH BUFFET

Amos Miller Organic Farm Fresh Sliced Ham

Roasted Vegetable **Pleasant Pastures** Mixed Cheese Frittata

Sweet Potato Hash

Bourbon Maple Pecan Bread Pudding, Gluten-free

Old Home Place Turkey Liver Pâté

Crackers, Gluten-free

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses & Mountain Swiss Cheese

Midwest Mermaid Muse Sun Tea

NUTRIENT-DENSE BUFFET BREAKFAST

- **One Degree** Organic Sprouted and Soaked Oatmeal
- **Pleasant Pastures** Grassfed Butter, **Baja Gold** Sea Salt, **Rich Nuts** Maple Walnuts & Mixed Nuts
- **Local Pasture** Soy-free, Hormone-free, Pastured Hard Boiled Eggs
- **Amos Miller Organic Farm** Pastured Pork Breakfast Sausages
- **Sunny Side Up Farm** Grassfed Bones for Savory Bone Broth
- **Devin's Good Gut Yogurt** Organic Whole Milk Yogurt
- Fresh Fruit

Friday–Sunday | October 17–19 from 7:15–8:45 AM | Regency Ballroom A&B
\$20 for each single breakfast ticket or \$60 for breakfast all three mornings

BUY TICKETS AT CONFERENCE REGISTRATION