

WISE TRADITIONS CONFERENCE 2026 MENU

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Local** honey, **Back Creek Farms** maple syrup, **Local Pasture** eggs, cream and grass-fed butter, **Simply Grassfed** cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts, and **One Degree** sprouted flours and oats.

FRIDAY LUNCH BUFFET

Coq au Vin with Roasted Vegetables
Traditional Caesar Salad: Crisp Romaine Lettuce
tossed in House-made Creamy Caesar Dressing with Anchovies, topped with Shaved Parmesan Cheese
Local Crusty Artisanal Sourdough Bread with **Local** Whipped Grassfed Butter
Apple Pandowdy with Chantilly Cream
Green Goddess Ferments
Mountain Culture Kombucha

FRIDAY DINNER BUFFET

Organ Meatloaf with Horseradish-Garlic Mashed Potatoes and Gravy
Buttery Green Beans
Green Mountain Salad tossed with Creamy Herb Dressing
Local Crusty Artisanal Sourdough Bread with **Local** Whipped Pastured Butter
Blondie Bar with Whipped Cream & Fresh Berries
Hex Local Ferments
Mountain Culture Kombucha

FRIDAY VIP COCKTAIL RECEPTION

Charcuterie Board
Local Beer and Wine

SATURDAY LUNCH BUFFET

Wild Local Greens with Goat Cheese in Creamy Vinaigrette
Local Rich Pastured Chicken & Vegetable Soup
DC Half-Smoke Sausages with Roasted Onions & Bell Peppers
Local Rustic Sourdough Bread, **Local** Grassfed Whipped Butter & **Simply Ghee's** Ghee
Green Goddess Ferments
Conference Classic Creamy Cheesecake with **Local** Cream Cheese, **Gardens of Grace** Dates &
Almond Crust Drizzled with a Rainier Cherry Coulis
Hex Local Kombucha

SATURDAY DINNER BANQUET

Braised Osso Bucco in Chef's Red Wine Sauce on a
Bed of Creamy Cheese Polenta & Rooted Vegetable Medley
Local Artisanal Sourdough Focaccia with Whipped Grassfed Raw Butter
Hex Local Ferments
Black Forest Cherry Carob Mousse with Brandy Cream
Hex Kombucha
Cash Bar

SUNDAY BRUNCH BUFFET

Fresh Sliced Virginia Baked Ham

Roasted Vegetable-Cheese Frittata

Poached Salmon with Creamy Dill Sauce

Sweet Potato Hash

Bourbon Maple Pecan Bread Pudding – Gluten Free

Chicken Liver Pâté

Sourdough Bread

Seasonal Fresh Fruit Platter (Chef's Choice)

Assorted Farmstead Cheeses

Mountain Culture Kombucha

Menu subject to change without notice.