

HELEN'S KITCHEN MENU

Helen is a local cook who sources most of her ingredients from Kangaroo Island, namely AB retreats' very own Southrock Lamb.

SOUP

\$12pp

Wonton Soup
Curried Carrot and Lentil soup
Southrock Lamb and vegetable soup

ENTREE

\$22pp

Spinach and Labneh Ravioli with Tomato
Consommé

Arancini stuffed with mozzarella cheese with homemade
tomato sauce

Lemon, oregano and fried haloumi

OYSTERS

\$26

Natural

Soy and ginger jelly

Tomato and chilli salsa

Lemon and crispy capers

Antechamber Bay
RETREATS

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MAINS

Southrock Lamb Harissa Lamb cutlets with couscous and steamed seasonal greens **\$35pp**

Southrock Lamb chorizo and rosemary pearl barley risotto with steamed seasonal greens **\$28pp**

Southrock Lamb Korma - potato masala **\$30pp**

Southrock butterflied lamb in green sauce, with roasted seasonal vegetables **\$35pp**

DESSERTS

Poached pears with KI honey labneh **\$15**

Sticky date pudding with caramel sauce & vanilla cream

Apple and/or Pear tarte tatin

Yoghurt Pannacotta with Berries

Antechamber Bay
RETREATS