



SUNstenance Retreat & Event Catering

by

Chef's Ananya Nicole & Robby Cox



Our Mission

It is our mission to spread awareness and educate society on the power of whole plant foods. We provide vibrant, balancing, vegan & oil free nourishment for your retreats & wellness events.

Our Core Values

Whole Food Nourishment

Everything is created with intention in a ceremonious manner to provide high vibe meals for your retreat. We specialize in crafting vegan, gluten free, oil free, low sodium nourishment with a fine dining experience. All menus are customized to suit the event's needs, dietary preferences, season of the year and availability of local ingredients.

Sustainability

Everything we do aims to honor nature & our connection to it. We strive to create a sustainable, harmonious way to live with little impact on the environment. Our preparation methods utilize ALL aspects of ingredients, and we compost the little waste left over.

Ethical Sourcing

The dishes celebrate our own garden & other local growers in any area we are preparing food in. Supporting other local small businesses helps us connect and build community. We are also avid gardeners and love using homegrown items for your guests. We always favor organic, chemical free produce.

Toxin Free

Not only do we use organic ingredients, but our entire operation is naturally clean. We use plant based, chemical free cleansers and high temp sterilization. Water is life, and we take absolute care in providing the purest water for our clients. We use a reverse osmosis water filtration system with UV light when we prepare foods/ beverages and desserts. If we are cooking at various locations, we will evaluate the water situation and bring our own water if necessary.

Heart & Passion

The most important aspect of our work is to help those overcome disordered eating (as Robby and I both have) and realize the deep connection to the nourishment we consume. We have both had a long journey trying to find the ultimate conducive lifestyle for health and wellness. Through countless years of research and self experimentation, we finally feel confident in our holistic lifestyle, and cant wait to share our experience with you.

Our Experience- This is our passion, art, spiritual practice and love language.

Ananya has over 15 years experience in the hospitality industry in restaurants from cooking in the kitchen to management, event coordination, over 1,000 YTT hours, along with teaching yoga, meditation & sound healing. She studied holistic nutrition, herbology, Ayurveda and macrobiotics, which all encompass the creation of your custom menu. Meals for wellness retreats and events are designed to provide energy without burdening the system. WE intend for you to nourish yourself with pure, fresh sattvic foods, that provide balance & harmony. Ahimsa, or non-violence is a core value for us as we do not use any animal products.

Robby has studied nutrition, health & wellness since his late teens. His expertise lies in plant based nutrition, detoxification methods such as juice cleansing and enemas, along with somatic movement. Robby specialized in water filtration and educates on the importance of clean water and the various means of filtration. He is also a remarkable musician creating conscious music for community.



Our Nourishment Offerings:

- ✓ 100% whole plant foods (vegan)
- ✓ Homegrown & locally sourced ingredients
- ✓ Cater to all dietary needs (gluten free, nut free, soy free, etc.)
- ✓ Honor the digestive system w/ food combining practices & preparation methods
- ✓ Energizing, balancing, vibrant, sattvic, pure
- ✓ Low sodium, low fat dishes
- ✓ We value the importance of circadian medicine & utilizing seasonal foods
- ✓ We do NOT use oil or any processed foods
- ✓ We strive to use all organic ingredients whenever possible

Our Educational Offering

We also offer holistic cooking & nutrition classes/ workshops for your special events. Students will learn tips, tricks and oil free cooking methods to prepare whole plant food meals, desserts and snacks. Classes encompass everything from sourcing foods, label reading, food preparation methods, seasonal foods, energetic/ healing properties of foods and herbs, food safety, food storage and basic knife skills and our nutrition philosophy. Students will receive printed study guides along with recipes.

Vegan wedding charcuterie table.



Ananya speaking on organic gardening at our Garden Tour Holistic Cooking Class.

Sample Menu Items

Breakfast (Assortment of warm & cold/ sweet & savory items)

Morning Detox Elixir, Homegrown Herbal Tea and/or
Coffee, Fresh Juice, Infused Water

Fresh Fruit Assortments

Homemade Superberry Granola w/ Coconut Yogurt

Ancient Grain Crepes a la Champignon (mushroom)

w/ Sweet Potato Hash

Golden Milk Sprouted Oats Porridge



Lunch (Soup, salad & entrée)

Mezze Plate- Beetroot or pumpkin turmeric hummus, maple balsamic roasted vegetables,
smoked babaghanoush, kale hemp pesto, seasoned pita bread, vegan feta stuffed dates

Roots & Shoots Salad w/ Local Greens/ Farm to Table Salad

Grounding Carrot Parsnip Miso Bisque/ Cauliflower Fennel Coconut Soup

Ayurvedic Tridoshic Kitchari Served w/ Vegetables

Rainbow Vegetable Sushi

Dinner (Entrees served w/ soup & salad)

Fajita Fiesta (Make your own fajitas or taco bowls)

Soaked brown rice, seasoned black beans, smokey maple peppers & onions, grilled veggies,
sunflower seed crema, avocado aioli, microgreens

Cauliflower Steak w/ Lemon & Black Garlic Mashed Potato & Medicinal Mushroom Gravy

Mediterranean Quinoa w/ Crispy Brussels & Lemon Balm Pea Soup

Desserts/ Snacks

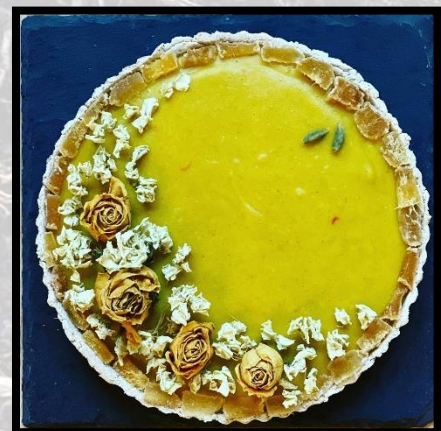
Shanti Shroom Beet Brownies

Cardamom Rose Donuts

Chai Spice Cake w/ Yam Frosting

Dandelion Chocolate Tart w/ Ceremonial Cacao

Superberry Bliss Balls



Pricing (Adjustable based on menu options)

For events serving 10+ people

1 Full day (breakfast, lunch, dinner) only food	\$105/person
1 Full day (breakfast, lunch, dinner) w/ food service	\$150/person
*Includes food service & cleaning	

Only Food

Breakfast	\$25/person
Lunch	\$35/person
Dinner	\$45/person

Food w/ Full Service

Breakfast	\$40/person
Lunch	\$50/person
Dinner	\$60/person

For Smaller Events

Smaller events are priced based on a private chef hourly rate, plus the cost of food. This helps account for the number of hours spent on site.

Add On's

Cooking Workshop	\$45/person
Sound Bath	\$111
Yoga/ Guided Meditation/ Tea Ceremony	\$111

Cost Breakdown

We want to share the miracles of nature & food with as many people as we can. Therefore, we don't wish to overcharge as we truly aren't doing this for the money. We are completely transparent with you and charge fair prices that ALL parties are comfortable with to honor one another and develop a deep, trusting and ongoing relationship. The prices listed above are approximates and we are happy to create a menu that works within your budget. Below are the aspects included in our pricing:

- Consulting
- Menu preparation
- Food costs (organic, local is more costly than conventional)
- Material purchasing (ranging from decorations, food display, cutlery, kitchen & cleaning equipment, etc.)
- Travelling time & costs
- Food preparation
- Food service
- Commercial kitchen rental (if necessary)
- Cleaning (our location or yours)