**Menus for a Dinner Party (10) or a Group Retreat**

While there is a wealth of vegetarian and vegan recipes to be found online and in cookbooks, this offering focuses on the **menus** (vegan and vegetarian)for dinner parties or small group gatherings (i.e. retreats).

The following menus feature main dishes, side-dishes, condiments and desserts styled around cuisines of India, the Mediterranen, Mexico and Asia. They all work really well as a buffet.

Though, we very much like to create awesome dishes completely “from scratch”, we also take pride in being creative with high quality prepared items. It always is, those small details, for example the condiments, that really “jump” the meal and these are the items that are so easily improved or freshened, with fresh herbs & vegies, or citrus. We enjoy ease and saving time in the kitchen, while happily feeding a glorious, healthy spread.

Sorry, no photos yet – when we serve a large and glorious, multi-course meal, on time; we are concerned with always mostly concerned with feeding everyone, not taking photos. More menus to be posted soon.

Bon-apetit.

[***Menu - East Indian Style***](http://dharmatreasure.org/wp-content/uploads/recipes-for-e.indian-menu.pdf)

***Moong Bean Dahl***

*with spinach*

***Pav Bhaji Caulifower***

*fresh tomatoes, lemon – MED spice*

***Basmati Rice***

***Pampadums – plain & cumin***

*with lentil flour & cumin*

***Mango Chutney***

***Mint Sauce***

*Mint, Parsley, Cilantro, Lemon, Olive Oil, Tomatoes*

***Cucumber Raita***

*Yogurt & Cucumbers*

***E. Indian Sweets***

 *Cashew Halvah*

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[***Menu – Mediterranean Style***](http://dharmatreasure.org/wp-content/uploads/recipes-for-mediterranean-menu.pdf)

***Spinach Frittata***

***Greek Salad***

*with sheep feta & balsamic vinegar*

***Quinoa Tabouleh***

*Quinoa, corn, cucumbers, celery, parsley, mint & olive oil*

***Hummus with Gluten free Crackers & Veggies***

***Chilled artichokes***

***Stuffed Dates & Turkish Apricots***

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[***SouthWestern Style Menu***](http://dharmatreasure.org/wp-content/uploads/recipes-for-the-south-western-menu.pdf)

***Mendocino Black Beans (spicy)***

***Refried Pinto Beans***

***Short Grain Brown Rice***

***Corn tortillas***

***Calabacitos***

*Zucchinni, pablano & red peppers, tomatoes, oregano & basil*

***Fresh -*** *Cilantro, Limes, Green onions*

***Mango Chipotle Salsa***

*Fresh Tomatoe Fire Roasted Salsa*

***Freshly made Guacomole***

*Veggie Lactose free “cheese”*

*Queso Fresca* ***(****Mexican cheese****)***

*Goat Cheese*

***Fresh pineapple***

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[***Thai Style Menu***](http://dharmatreasure.org/wp-content/uploads/recipes-thai-asian-menu.pdf)

*Green Curry Tofu*

*Cucumber salad*

*Asian Rice Noodle salad*