

**Write Your New Story
at
The Forsyth B & B, Kingston, NY
with
Tina Barry and Rochelle Rice – January 27-29, 2017**

Menu*

Friday, January 27th

Dinner

Moroccan root vegetable and chick pea tagine
Couscous
Warm pita
Coconut lime cookies

Snack

Dark chocolate dipped fruit
Coconut oil popcorn

Saturday, January 27th

Breakfast

House-made granola with walnuts and dried apricot
Greek yogurt
Individual mushroom and spinach egg tarts
Assorted breads

Morning Snack

Peanut butter energy bar

Lunch

Red lentil soup
Fennel arugula salad with roasted chicken, avocado and grapefruit
Blondie bites

Afternoon Snack

Local cheese platter
Crudite and hummus

Sunday, January 29th

Early breakfast bar

Assorted muffins
Greek yogurt with honey and pomegranate

Brunch

Baked pumpkin french toast
Scrambled eggs
Bacon
Roasted red potatoes
Apple crisp

Coffee, tea and fresh whole fruit served at breakfast and at all snacks.

*Please make us aware of any food allergies or dietary concerns at the time of registration.