

Simone's
Kitchen



WHERE BALANCE & TASTE MEET

**TRANSFORMATIVE CULINARY EXPERIENCES FOR YOUR
WORKSHOP, GATHERING, OR RETREAT**



25 YEARS OF YUMMY EXCELLENCE

Chef Simone Parris



A globally experienced culinary artist who views food as medicine. With over 25 years of professional cooking experience, her macrobiotic-inspired approach centers on creating nutrient-rich, digestible, and exquisitely prepared meals that foster healing, connection, and longevity. Whether your event is a hands-on workshop, an intimate gathering, or a transformative retreat, Simone's cuisine elevates the experience leaving participants feeling energized, supported, and transformed.



"Simone's food was not only conscious and healthy, it was delicious. She has the rare gift of creating super tasty food from good for your ingredients."





FOOD AS MEDICINE, FLAVOR AS ART

Nurturing Your Gathering from the Inside Out

I believe that every gathering deserves food that not only delights the palate but also supports the deeper work unfolding among participants.

Guided by my macrobiotic background, I carefully select whole, organic ingredients—grains, beans, vegetables, fruits, nuts, and seeds—then prepare them using methods that unlock their nutrients and enhance their energetic qualities.

By soaking, sprouting, pressing, and gently cooking, I ensure that every bite is both easy to digest and rich in healing vitality.



"I didn't know healthy food could be this comforting, satisfying, and delicious. It's truly next-level comfort food."



PARTNERING WITH YOU TO CREATE YOUR IDEAL MENU

Adapting to Your Gathering's Unique Flow

Before I begin designing a menu, I take the time to understand the purpose, rhythm, and energy of your gathering. If it's physically active, I might focus on heartier, protein-rich dishes to sustain stamina. If it's centered on introspection or spiritual work, I lean toward lighter, cleansing meals that help quiet the mind and body. I'm comfortable working with various dietary needs—vegan, vegetarian, gluten-free, or even including a touch of fish or poultry if that aligns with your vision. My goal is always to make everyone feel welcome and nurtured, regardless of their background or preferences.

**“Comfort food that heals
—it’s nostalgic, nourishing,
and so delicious I went back
for thirds.”**



THE MACROBIOTIC EDGE

Why Macrobiotics?

FOOD AS MEDICINE

At the heart of macrobiotics lies the belief that food is medicine—a powerful tool to nourish, heal, and sustain vitality. By aligning what we eat with the rhythms of nature, the energy of the seasons, and the body's needs, macrobiotics creates balance in the body and enhances the well-being of participants at your retreats and gatherings. This philosophy ensures meals are not only delicious but also thoughtfully crafted to support the transformative experiences unfolding in your workshops and gatherings.

LOCAL & SEASONAL EATING

Honors the natural cycles of the earth, embracing foods that grow locally and seasonally. By eating what is fresh and available in each season, meals naturally align with the body's needs—lighter fare in spring to shed winter excess, hydrating and vibrant dishes in summer, grounding vegetables in autumn, and hearty stews in winter to provide warmth. Seasonal eating fosters a deep connection to nature while enhancing the vitality and energy of retreat participants, making meals an extension of the environment and a partner in their journey.

YIN-YANG HARMONY

Focused on whole, minimally processed foods: whole cereal grains, vegetables (leafy, root, and round), beans, legumes, nuts, seeds, and seasonal fruits. These foods are inherently balanced, offering nutrients that sustain the body's health. Inspired by the yin-yang philosophy, macrobiotics avoids extremes—balancing cooling, expansive (yin) ingredients like leafy greens with warming, grounding (yang) foods like root vegetables and grains. This harmony creates meals that are deeply satisfying, energizing, and supportive of retreat participants' emotional and physical well-being.

BIOAVAILABILITY & DIGESTIBILITY

The preparation of food is as vital as the ingredients themselves. Techniques such as soaking, sprouting, pressing, boiling, steaming, and baking are used to make nutrients more accessible and dishes easier to digest. For example, sprouting beans increases their nutrient content and digestibility, while lightly steaming vegetables preserves their enzymes. Each cooking method is chosen to maximize nourishment and ensure that participants can fully benefit from the healing properties of the food, leaving them energized and balanced throughout your gathering.



DAY 1 SAMPLE MENU

Breakfast

HOMEMADE GLUTEN-FREE GRANOLA

A hearty mix of dried fruits, nuts, and seeds, served with your choice of creamy dairy or plant-based milk, accompanied by fresh fruits and berries.

CHICKPEA VEGETABLE FRITTATA

A gluten-free and vegan twist on this savory favorite.

ORGANIC YOGURT

Choose between rich, organic dairy yogurt or a luscious vegan alternative.

HOMEMADE SOURDOUGH WAFFLES

Crafted from fresh ground whole-grain flour, served golden and warm with butter or vegan butter and pure maple syrup.

Lunch

INDONESIAN DELIGHT

- Marinated Tempeh with Gingery Peanut Sauce:
- Served with crisp lettuce leaves & a medley of fresh, steamed, and roasted vegetables.
- Sticky Coconut Rice for a sweet and savory balance.
- Vegan Krupuk: Indonesian bitter nut crackers.

Dessert

LEMON DRIZZLE CAKE

Light and zesty, served with a vibrant blueberry sauce.

Dinner

JAPANESE HARMONY BOWL

- Soba Noodles in Shiitake Broth: Delicate buckwheat noodles immersed in a rich shiitake mushroom & Kombu bouillon, garnished with spring onion, shredded nori, and sugar snap peas for a light yet satisfying experience.
- Kinpira: A traditional Japanese side dish of matchstick carrots and burdock root, lightly sautéed with sesame and soy for a perfect balance of earthy and sweet flavors.
- Pan-Fried Tofu: Golden tofu glazed with a delicate blend of mirin and tamari for a savory finish.
- Cucumber Salad: Light and refreshing slices marinated in rice vinegar and garnished with sesame for a tangy crunch.



DAY 2 SAMPLE MENU

Breakfast

HOMEMADE GLUTEN-FREE GRANOLA

A hearty mix of dried fruits, nuts, and seeds, served with your choice of creamy dairy or plant-based milk, accompanied by fresh fruits and berries.

CHICKPEA VEGETABLE FRITTATA

A gluten-free and vegan twist on this savory favorite.

ORGANIC YOGURT

Choose between rich, organic dairy yogurt or a luscious vegan alternative.

HOMEMADE SOURDOUGH WAFFLES

Crafted from fresh ground whole-grain flour, served golden and warm with butter or vegan butter and pure maple syrup.



Lunch

MEDITERRANEAN FEAST

- Spinach & Tofu Spanakopita: Flaky filo pastry filled with savory spinach and tofu.
- Quinoa Tabbouleh – loaded with fresh parsley and mint, kalamata olives, tomatoes, marinated red onion, feta cheese, olive oil & lemon.
- Creamy Lemon Basil Salad: A fresh, vibrant salad topped with a luscious lemon basil dressing.
- Blanched Vegetable Platter: Perfectly tender seasonal vegetables for a light and colorful accompaniment.

Dinner

RUSTIC PROVENÇAL RATATOUILLE

- Classic Ratatouille: A medley of sautéed peppers, onions, tomatoes, and eggplant infused with fresh herbs for a comforting and flavorful dish.
- Buckwheat Fusilli with Pesto: Nutty buckwheat pasta served with a vibrant basil pesto.
- Fresh arugula salad & blanched Greens: Lightly steamed greens to complement the meal's rich flavors.
- Crispy Roasted Chickpeas: A satisfying, protein-packed side with a hint of smoky seasoning.



Dessert

CHOCOLATE MOUSSE

Silky and rich, paired with a tangy raspberry coulis.



DAY 3 SAMPLE MENU

Breakfast

HOMEMADE GLUTEN-FREE GRANOLA

A hearty mix of dried fruits, nuts, and seeds, served with your choice of creamy dairy or plant-based milk, accompanied by fresh fruits and berries.

CHICKPEA VEGETABLE FRITTATA

A gluten-free and vegan twist on this savory favorite.

ORGANIC YOGURT

Choose between rich, organic dairy yogurt or a luscious vegan alternative.

HOMEMADE SOURDOUGH WAFFLES

Crafted from fresh ground whole-grain flour, served golden and warm with butter or vegan butter and pure maple syrup.

Lunch

KUNG PAO TOFU

- Crispy tofu with cashews in a flavorful Kung Pao sauce.
- Egg Fried Rice – Long grain brown rice fried with toasted sesame oil, veggies and organic eggs
- Tender green beans in fermented black bean sauce.
- Pickled cucumbers with brown rice vinegar and toasted sesame seeds.



Dinner

ASIAN STIR FRY

- Stir-fry Noodles with bean sprouts, sugar snap peas, carrots, and broccoli in a sweet soy glaze.
- Cauliflower Manchurian: Crispy battered florets tossed with sweet chili and soy sauce.
- Baby Green Salad with toasted sesame and ginger vinaigrette.





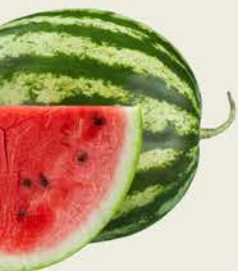


Dessert

BAKED PEAR & CRYSTALLIZED GINGER CRUMBLE

A warm, spiced dessert paired perfectly with creamy ice cream.







**Choose the meals that most light
you up and we'll weave together a
menu that will surprise and delight
your guests!**



A TRUE BUFFET OF OPTIONS



Crafted with the highest quality organic and locally sourced ingredients whenever possible, our meals are designed to provide balanced, holistic nutrition. Each dish can be prepared vegan or vegetarian to suit your preferences, ensuring a nourishing and personalized dining experience.



Breakfast Delights

HOMEMADE GLUTEN-FREE GRANOLA

A hearty mix of dried fruits, nuts, and seeds, served with your choice of creamy dairy or plant-based milk, accompanied by fresh fruits and berries.



ORGANIC YOGURT

Choose between rich, organic dairy yogurt or a luscious vegan alternative.

SWEET BROWN RICE PORRIDGE

A warming bowl infused with cinnamon and studded with plump raisins for a naturally sweet and nourishing start to your day.

HOMEMADE SOURDOUGH WAFFLES

Crafted from fresh ground whole-grain flour, served golden and warm with butter or vegan butter and pure maple syrup.



FRITTATA DUO

Classic Egg Frittata loaded with seasonal vegetables and a drizzle of fresh pesto. Chickpea Vegetable Frittata, a gluten-free and vegan twist on this savory favorite.

Beverage Inspiration

HOMEMADE CHAI TEA WITH
GINGER AND CARDAMOM

FRESHLY BREWED
ORGANIC COFFEE

A VARIETY OF BLACK
& HERBAL TEAS

ORGANIC FRUIT
JUICES





Luncheon & Dinner Highlights



MEDITERRANEAN FEAST

- Spinach & Tofu Spanakopita: Flaky filo pastry filled with savory spinach and tofu.
- Quinoa Tabbouleh – loaded with fresh parsley and mint, kalamata olives, tomatoes, marinated red onion, feta cheese, olive oil & lemon.
- Creamy Lemon Basil Salad: A fresh, vibrant salad topped with a luscious lemon basil dressing.
- Blanched Vegetable Platter: Perfectly tender seasonal vegetables for a light and colorful accompaniment.

KOREAN BIBIMBAP

- Sticky rice topped with soy-glazed fried tofu and or egg, sautéed matchstick carrots, bean sprouts, kimchi, sautéed cabbage and leeks, pickled cucumbers, and Korean chili sauce.

THAI GREEN CURRY

- Fragrant Green Coconut Curry with mock duck and tender seasonal vegetables.
- Jasmine Rice
- Asian Coleslaw: matchstick veggies – Napa cabbage, carrots, celery, bean sprouts, string beans & peppers tossed in a tangy sesame-ginger sesame dressing and roasted peanuts.
- Steamed Broccoli & Greens for a fresh touch.

RAINBOW LASAGNA

- Layers of pasta, roasted vegetables, spinach, and a rich carrot-tomato sauce combined with tofu ricotta, finished with basil garlic oil.
- Steamed broccoli and asparagus with garlic aioli.
- Crisp salad greens with balsamic mustard vinaigrette.

MEXICAN FIESTA

- Cranberry Bean & Pumpkin Enchiladas baked in the oven and served with guacamole, salsa, and sour cream.
- Homemade Jalapeño Cornbread.
- Crisp Green Salad with Creamy Cilantro Lime Dressing.

MIDDLE EASTERN MEZZE

- Fine Wheat Tabbouleh with fresh mint, parsley, tomatoes, Kalamata olives, lemon and crumbled feta.
- Chickpea & Vegetable Salad
- Spicy roasted cauliflower florets.
- Steamed Kale and Broccoli with a creamy tahini lemon dressing.



Luncheon & Dinner Highlights



CLASSIC VEGGIE BURGERS

- Loaded Veggie Burgers: Homemade black bean and rice burgers topped with sauteed onions, ketchup, mustard, tomatoes, sauerkraut, and lettuce on sourdough bread.
- Sweet potato fries with garlic aioli
- Fresh green salad with Thousand Island dressing

ITALIAN COMFORT

- Sweetcorn Soup – creamy with a delicate sweet flavor garnished with parsley
- Large pasta shells stuffed with ricotta and spinach, baked in a tangy carrot-tomato sauce.
- Crisp Green Salad with balsamic mustard vinaigrette and a medley of blanched vegetables.

INDONESIAN DELIGHT

- Marinated Tempeh with Gingery Peanut Sauce: Served with crisp lettuce leaves & a medley of fresh, steamed, and roasted vegetables.
- Sticky Coconut Rice for a sweet and savory balance.
- Vegan Krupuk – Indonesian bitter nut crackers

TACO BAR

- Soft Tacos: Beans, pickled red cabbage, cilantro, lime rice, and chipotle sour cream, with salsa and guacamole.
- Sides: Fresh tortilla chips and steamed greens.

SOUTHERN COMFORT PIZZA

- Cornbread Pizza: Topped with roasted sweet potatoes, red onion, goat cheese, green olives, baked to perfection and topped with arugula, and basil garlic oil.
- Sautéed Broccolini and a fresh Italian-style green salad.

INDIAN INSPIRATION

- Egg Curry: Whole boiled eggs in a cashew-cream red curry sauce.
- Fragrant Brown Basmati Rice with curry leaves, cilantro, and fried mustard seeds.
- Potato Pakora with cilantro mint chutney
- Blanched greens.





Luncheon & Dinner Highlights



ASIAN STIR FRY

- Stir-fry Noodles with bean sprouts, sugar snap peas, carrots, and broccoli in a sweet soy glaze.
- Cauliflower Manchurian: Crispy battered florets tossed with sweet chili and soy sauce.
- Baby Green Salad with toasted sesame and ginger vinaigrette.

CRISPY MARINATED TOFU CUTLETS WITH SWEET MUSTARD SAUCE

- Golden pan-fried tofu cutlets marinated to perfection, paired with a , tangy-sweet mustard sauce for a delightful bite.
- Hearty Grain Medley - A wholesome mix of pressure-cooked short-grain brown rice, sweet rice, and nutty rye berries, delivering a chewy, satisfying texture.
- Arame Sea Vegetable Salad with Chives and Sunflower Crunch - Delicate ribbons of arame sea vegetable simmered with caramelized onions and sprinkled with chives & toasted sunflower seeds for a nutty, ocean-kissed finish.
- Rainbow Steamed Vegetables with Toasted Pumpkin Seed Dressing - Vibrant steamed carrots and earthy beets, alongside tender blanched greens, drizzled with a creamy toasted pumpkin seed dressing.

FALAFEL PLATTER

- Homemade Falafel with tahini lemon dressing.
- Israeli Salad: Finely chopped tomatoes, cucumbers, cilantro, and red onion dressed with lemon and olive oil.
- Red Beet Hummus for a vibrant splash of flavor.

JAPANESE HARMONY BOWL

- Soba Noodles in Shiitake Broth: Delicate buckwheat noodles immersed in a rich shiitake mushroom & Kombu bouillon, garnished with spring onion, shredded nori, and sugar snap peas for a light yet satisfying experience.
- Kinpira: A traditional Japanese side dish of matchstick carrots and burdock root, lightly sautéed with sesame and soy for a perfect balance of earthy and sweet flavors.
- Pan-Fried Tofu: Golden tofu glazed with a delicate blend of mirin and tamari for a savory finish.
- Cucumber Salad: Light and refreshing slices marinated in rice vinegar and garnished with sesame for a tangy crunch.

INDIAN FAVORITES

- Red Lentil Dal with pumpkin, served with crispy papadums and refreshing mint chutney.
- Palak Paneer: Creamy spinach with Indian-style soft cheese, accompanied by brown basmati rice.



Luncheon & Dinner Highlights



RUSTIC PROVENÇAL RATATOUILLE

- Classic Ratatouille: A medley of sautéed peppers, onions, tomatoes, and eggplant infused with fresh herbs for a comforting and flavorful dish.
- Buckwheat Fusilli with Pesto: Nutty buckwheat pasta served with a vibrant basil pesto.
- Fresh arugula salad & blanched Greens: Lightly steamed greens to complement the meal's rich flavors.
- Crispy Roasted Chickpeas: A satisfying, protein-packed side with a hint of smoky seasoning.

TAMALE SPREAD

- Homemade Tamales with pinto bean chili, roasted corn salsa, guacamole, and sour cream.
- Fresh tortilla chips
- Crisp salad platter of shredded lettuce, red onion, carrots, and cucumbers served with creamy Jalapeno lime dressing



KUNG PAO TOFU

- Crispy tofu with cashews in a flavorful Kung Pao sauce.
- Egg Fried Rice – Long grain brown rice fried with toasted sesame oil, veggies and organic eggs
- Tender green beans in fermented black bean sauce.
- Pickled cucumbers with brown rice vinegar and toasted sesame seeds.

RUSTIC POLENTA BAKE

- Baked Polenta topped with carrot-tomato sauce, sautéed onions, olives, feta cheese, blanched spinach baked to perfection and topped with garlic basil oil & fresh arugula
- Creamy lemon & Basil-Dressed Green Salad and steamed seasonal vegetables.

MEXICAN BURRITO BAR

- Build-Your-Own Veggie Burritos: A hearty spread of rice, refried black beans, and flavorful tempeh mock ground beef, paired with guacamole, fresh salsa, and sour cream.
- Fresh Corn Chips: Perfect for dipping or as a crunchy side.
- Green Salad with Sunflower Seed Dressing: A fresh, zesty salad with a creamy, nutty dressing.





Sweet Treats

Indulge in our handcrafted desserts, made with the finest organic ingredients and free from refined sugars. Each dessert can be prepared with dairy or made entirely vegan to suit your preferences.



CHOCOLATE CAKE

Moist and rich, flavored with orange and finished with a creamy chocolate ganache

CINNAMON CHOCOLATE BROWNIES

Fudgy and aromatic with a hint of warming cinnamon.

CARROT WALNUT DATE CAKE

Moist and flavorful, topped with a rich cream cheese frosting.

LEMON POPPYSEED CAKE

Bright and tender, bursting with citrus flavor.

BAKED PEAR & CRYSTALLIZED GINGER CRUMBLE

A warm, spiced dessert paired perfectly with creamy ice cream.

CHOCOLATE MOUSSE

Silky and rich, paired with a tangy raspberry coulis.

LEMON DRIZZLE CAKE

Light and zesty, served with a vibrant blueberry sauce.

APPLE & BLUEBERRY CRUMBLE

A comforting blend of spiced apples and blueberries, topped with a golden crumble and served with whipped cream.

ALMOND MACAROONS

Crisp and chewy treats drizzled with decadent chocolate.

BLISS BALLS

A nourishing mix of cacao, dried fruits, nuts, and seeds for a guilt-free delight.





LET'S EAT



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