



Inner Love, Outer Joy Retreat

hosted by Carol van der Poel

food for your body and soul by Salaya Beach Houses



FOOD PHILOSOPHY @ SALAYA BEACH HOUSES

Our food philosophy is simple - to make everything from scratch, using top quality fresh ingredients, and organic where possible.

Our menu is best described as eurasian fusion - a good selection of european / western dishes, along with some traditional asian delights and flavour combinations.

We make *everything* on the premises! Whether it's whole-wheat breads, a crusty french baguette, or one of the best gluten free breads you'll ever come across (no tasteless cardboard to be found here), it's made by one of our professional bakers in the resort kitchen.

Ice-creams and sorbets are all hand made, as is every sauce you could imagine (including mother sauces that are just one ingredient in another sauce).

We believe good food is cooked with love - and yours will be! Our passionate team of foodies comprise international and locally trained chefs.



*Eating well
is a form of
self-respect*

YOUR DINING ENVIRONMENT

Breakfast and lunch are served at Dahon Restaurant, overlooking lush tropical gardens with glimpses of the ocean. Enjoy the space with the windows open and bask in the tropics, or we'll close the windows and pop on the air-conditioning if you need a cool break!

Most of our retreat groups prefer to have dinner alfresco, in the beautiful tropical gardens next to the pool and pool bar, overlooking the ocean.

Of course, Dahon Restaurant is also available for your group dinners anytime during the retreat.



BREAKFAST MENU

During your retreat a buffet breakfast will be served at Dahon Restaurant each day from 7.00 am.

PLUS each day there is a selection of hot items that are cooked to order - the selection changes daily and your server will provide a menu each morning.

V Vegetarian

VF Vegan Friendly

GF Gluten Free

Daily Buffet

Tropical fruit platter (VF, GF)

Freshly squeezed juice - mango, pineapple, watermelon & mint (VF, GF)

Home made granola (VF)

Yogurt (V)

Bakery / pastry items (V)

Assorted chia parfaits (VF, GF)

Brewed coffee & breakfast tea

Toast (VF)

Hot Side Dishes

Egg Benny

English muffin topped with ham, poached egg & our creamy hollandaise

3 Egg Omelette

Choose 3 fillings: tomato, onion, spinach, mozzarella, ham, mushroom, bell pepper, cheddar, feta

Tofu Scramble (VF)

Choose 3 fillings: tomato, onion, spinach, mozzarella, ham, mushroom, bell pepper, cheddar, feta

Sausage or Bacon

Choose from a pork breakfast sausage or 2 slices of bacon

Breakfast Bagel

Lightly toasted New York style bagel w/ cream cheese, smoked salmon, capers & silky eggs

Pancakes

Fluffy Canadian style pancakes w/ blueberry compote



LUNCH MENU

Your lunch buffet menu changes daily and includes vegetarian, vegan and gluten free options

Sunday

Selection of gourmet sandwiches, baguettes & bagels (all baked in-house), with a variety of fillings including cold cuts, smoked salmon, imported cheese, etc.

Tropical fruit platter

Cake of the day

Monday

Grilled corn & apple salad w/ sherry vinaigrette

Caesar salad

Persian chicken salad

Whole grilled fish w/ asian dressing

Steamed rice

Crusty bread w/ butter

Tropical fruit platter

Cake of the day

Tuesday - Apo Island Trip

Beach House Salad w/ calamansi vinaigrette

Asian carrot salad (VF, GF)

Loaded potato salad

Kinilaw

Peri peri chicken skewers

Plain rice (VF, GF)

Tropical fruit platter (VF, GF)

Bread rolls w/ butter (VF butter option)



LUNCH MENU

Wednesday - Oslob Whale Shark Adventure

Quiche Lorraine

Teriyaki chicken skewers

Cauliflower & Broccoli salad (Vegetarian, GF)

Loaded potato salad

Pineapple fried rice (

Tropical fruit platter (VF, GF)

Fresh bread rolls w/ butter (VF butter option)

Cake of the Day (VF)

Thursday

Pineapple fried rice (VF, GF)

Caesar salad (toppings on the side, VF, GF without croutons)

Teriyaki chicken skewers (includes soy sauce)

Mixed maki rolls (VF option, GF without soy sauce)

Tropical fruit platter (VF, GF)

Fresh bread rolls w/ butter (VF butter option)

Cake of the day (VF)

Friday

Singapore spring rolls (VF)

Mie goreng (VF) w/ chicken & tofu on the side

Vegetable fried rice (VF, GF)

Beach house salad (VF, GF)

Tropical fruit platter (VF)

Fresh bread rolls w/ butter (VF butter option)

Cake of the day

We can add some grilled chicken or fish to go with your salad, as all other protein is not suitable for GF



LUNCH MENU

Saturday

Fattoush salad (VF)

Chicken aji verde (GF)

Red snapper w/ roasted vegetables & salsa verde (GF)

Grilled vegetable salad w/ hummus (VF, GF if no bread)

Tropical fruit platter (VF, GF)

Fresh bread rolls w/ butter (VF butter option)

Cake of the day (VF)

Sunday

Grilled corn & apple salad w/ sherry vinaigrette (VF, GF)

Persian chicken salad (GF)

Whole grilled fish w/ asian dressing (GF without dressing)

Steamed rice (VF, GF)

Crusty bread rolls w/ butter (vegan butter option)

Tropical fruit platter (VF, GF)

Cake of the day (VF)

"A recipe has no soul. You, as the cook, must bring soul to the recipe."

Thomas Keller



DINNER MENU

Sunday

Bitterballen

A much loved Dutch dish - balls of beef ragout, coated in a crispy fried crumb crust, served with mustard

Potato & Onion Soup

Served w/ bread & butter (VF)

Tomato & Basil Bruschetta

w/ feta (VF without feta)



Beach House Salad

Fresh curly lettuce, tomatoes, cucumber, mango & red onion, pumpkin & sunflower seeds, calamansi dressing (VF)
add grilled chicken or shrimp

Crispy Lemon Chicken

Tender pieces of chicken encased in a crispy fried coating, served w/ a tangy Chinese style lemon sauce & steamed rice

Penang Curry

Bell peppers, Baguio beans, carrots & pineapple in a fragrant red curry sauce, served w/ your choice of plain or garlic rice (VF)
add chicken or shrimp



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)

Dark Chocolate Truffle Tart

if you're a chocolate lover, this dark chocolate ganache tart is sure to please!
Served w/ our artisan vanilla bean ice-cream

DINNER MENU

Monday

Ceviche

A local specialty, Filipino style ceviche is called 'Kinilaw' w/ a spicy coconut vinegar dressing, served w/ lavosh crackers (GF without the crackers)

Thai Red Curry Noodle Soup

Spicy, fragrant & filling! a creamy broth w/ tender chicken breast & rice noodles, finished w/ lime & coriander (GF)

Singapore Spring Rolls

seasoned asian vegetables & vermicelli noodle spring rolls w/ Asian dipping sauce (VF)



Seared Salmon & Asparagus

w/ herb cream cheese, roasted tomato, dauphinoise potatoes & broccoli puree
(GF without dauphinoise potatoes... can add steamed vege or rice)

Roast Pork Belly

perfectly roasted pork belly on a bed of lush corn puree w/ tarragon red wine jus + carrots & asparagus (GF without the red wine jus)

Buddha Bowl

Warm sushi rice, avocado (or mango substitute), carrot, cucumber, baguio beans, tomato, pickled ginger + choice of grilled tuna, chicken or tofu topped w/ sesame soy & wasabi dressing (VF option)
(GF without the dressing... can have sherry vinaigrette instead)



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)

Cremè Brûléé

classic french vanilla custard w/ a crisp caramelized sugar crust, served w/ homemade ice-cream & toffee

DINNER MENU

Tuesday

Carrot & Coriander Soup

a smooth and flavourful vegetable soup finished with fresh coriander & sliced baguette on the side (VF, GF)

Sesame Chicken

Crispy fried chicken finished with a sweet and savoury Asian sauce & sesame seeds

Tuna Tataki

Perfectly prepared rare tuna loin & a mirin calamansi dressing accompaniments of fresh ginger, garlic, wakame & spring onion
GF option - ask for dressing made with Coconut Aminos instead of soy sauce)



Nasi Goreng

Authentic Indonesian fried rice w/ shrimps, sunny side up egg & satay chicken

Caesar Salad

Curly lettuce tossed in our creamy caesar dressing, bacon lardons, fried capers & parmesan cheese (VF option)
add grilled chicken, shrimps or tofu... (GF without croutons)

Red Snapper w/ Salsa Verde

Boneless, pan-fried & served w/ roasted shallots, red peppers & tomatoes + seasonal greens, finished w/ zesty salsa verde (GF)



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)

Molten Chocolate Lava Cake

Baked to order & served w/ artisan vanilla ice-cream

DINNER MENU

Wednesday

Hand Rolled Maki

choice of California, vegetable (VF) or tofu (VF) maki
served w/ wasabi & soy (1 roll, 6 slices) (GF without soy sauce)

Shanghai Spring Rolls

Succulent pork & julienne vegetables, served w/ Asian dipping sauce

Gambas Alijilo

Shrimp sautéed in chili garlic sauce, served w/ bread & butter



Crispy Pork Belly Kare Kare

Tender pork belly cooked in a traditional filipino style w/ a crisp skin
served w/ Kare Kare (peanut-based) sauce, patchay, green beans & grilled eggplant
(GF)

Teriyaki Salmon & Noodles

Crispy skin Norwegian salmon on a bed of fresh buttered egg noodles w/ native
patchay, finished w/ teriyaki sauce

Baked Pumpkin Gnocchi

Pillows of home-made pumpkin gnocchi in a sage sauce, baked w/ cashew cheese
+ pumpkin & sunflower seeds (VF)



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)
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New York Cheesecake

classic baked cheesecake served w/ sweet local mango

DINNER MENU

Thursday

Tuna Carpaccio

Served w/ local lime, lemon, capers, shallots, Himalayan salt + extra virgin olive oil - fresh & zesty flavours! (GF if no bread)

Tomato & Basil Bruschetta

w/ feta (VF option without feta)

Char Grilled Vegetable Salad w/ Hummus

Char grilled eggplant, bell peppers, shallots & asparagus, served w/ silky hummus & slices of baguette (VF) (GF if no bread)



Baby Back Ribs

Slow cooked & glazed w/ our full flavoured BBQ sauce served w/ grilled corn salad & fries
choose from half or full rack

Market Fish

pan fried Dorado fillet served on a warm quinoa salad w/ mango salsa (GF)

Thai Noodle Salad

Loads of fresh flavours from crisp vegetables, peanuts, noodles & Thai dressing (VF, GF option dressing is made with coconut aminos, not soy)
add grilled chicken or shrimps



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)

Leche Flan

A filipino classic dessert similar to crème caramel - this stunning dessert is served w/ a sweet vanilla tuile biscuit + a delicate dragonfruit & pineapple salsa

DINNER MENU

Friday

Cream of Chicken Soup

Soup for the soul w/ crusty white baguette

Sesame Crusted Tuna

Fresh tuna loin w/ a sesame seed crust, seared to medium, served on wakame salad w/ yuzu citrus vinaigrette (GF)

Mixed Vegetable Tempura

seasonal vegetables including sweet potato, eggplant, carrots, baby corn fried in a light tempura batter, served w/ Asian dipping sauce (VF)



Pork Carnitas Quesadilla

pulled pork in homemade tortillas w/ pico de gallo, corn, cheddar, smokey roasted tomatoes & peppers
finished w/ sour cream & jalapenos - hot sauce optional!

Peri-Peri Chicken

Portuguese-style quarter chicken - ultra tender & flavourful
Served w/ potato wedges & Mexican style coleslaw

Roasted Red Pepper Pasta

A lush plant-based sauce including roasted red peppers & cashews, served w/ your choice of traditional linguine (not vegan) or rice noodles (VF, GF pasta option)
add chicken or shrimps



Home Made Ice-Cream - ALL GLUTEN FREE

2 scoops, choose from chocolate, strawberry, vanilla, mango or coconut (VF)

Choc Fudge Walnut Brownie

Served warm w/ vanilla bean ice-cream

DINNER MENU

Saturday

Satay Chicken Skewers

served w/ asian slaw & peanut sauce

Asian Chicken Noodle Soup

Classic Asian broth spiced with lovely aromatics including ginger, garlic chili + succulent chicken & rice noodles (GF)

Tofu Katsu

Crispy Japanese fried tofu w/ a sticky teriyaki sauce (VF)



48 Hour Pork Chop

marinated for 48 hours in a special blend of local ingredients, this tender juicy pork chop is accompanied w/ cranberry BBQ sauce & turned root vegetables (GF without the cranberry BBQ sauce)

Linguine Shrimp Carbonara

w/ fresh shrimps in a creamy egg & parmesan sauce
(GF pasta option)

Roasted Cauliflower 'Steak'

Oven roasted cauliflower served on a lush bed of corn puree, served w/ fresh asparagus, roasted tomatoes, extra virgin olive oil & dukkah (VF, GF)



Caramel Popcorn Sundae

a trio of homemade ice-creams,
topped w/ deluxe caramel sauce & popcorn

Dark Chocolate Truffle Tart

if you're a chocolate lover, this dark chocolate ganache tart is sure to please!
Served w/ our artisan vanilla bean ice-cream



Salaya Beach Houses is the only luxury resort on Negros Island to be awarded the 2019, 2020, 2022 and 2023 TripAdvisor Travelers' Choice Award, reserved for the top 1% of hotels and resorts in the world.





Good
Morning

From the Hot Kitchen

please order with your server

VF

Tofu Scramble

A beautifully seasoned tofu scramble w/ onion & bell peppers + avocado & roasted tomato

Breakfast Bagel

Lightly toasted New York style bagel, cream cheese, smoked salmon, capers & silky eggs

V

Pancake Stack

3 fluffy pancakes served w/ blueberry compote, fresh mango & syrup

V

Vegetarian

VF

Vegan Friendly

Good
Morning



From the Hot Kitchen

please order with your server

VF

Vegan Pancakes

3 plant-based pancakes served w/ fresh mango & maple syrup

Ham, Cheese & Tomato Omelette

Served w/ a hash brown on the side

P

Salmon Bagel

Lightly toasted New York style bagel filled w/ smoked salmon, cream cheese, capers & red onion

V Vegetarian

VF Vegan Friendly

P Pescatarian



Good
Morning

From the Hot Kitchen

please order with your server

VF

Balsamic Roasted Tomatoes & Hummus

Silky hummus & jewels of sweet balsamic roasted tomatoes on toasted baguette

Ham & Cheese Croissant

Hot croissant filled w/ molten cheddar & ham

V

Omelette

Filled w/ cheese, tomato & onion + hash brown on the side

V

Vegetarian

VF

Vegan Friendly



Good
Morning

From the Hot Kitchen

please order with your server

VF

Sweet Potato & Chickpea Hash

A hearty way to start the day! Served w/ a side of avocado. Hot sauce is optional & a good addition if you like some spice in your life

Eggs Benedict

2 medium poached eggs served on lightly toasted english muffin w/ smoked ham & hollandaise sauce

V

Basil & Feta Scramble

2 scrambled eggs finished with black pepper, fresh basil and feta, served on toasted baguette

V

Vegetarian

VF

Vegan Friendly

Good
Morning



From the Hot Kitchen

please order with your server

VF

Tofu Scramble

A beautifully seasoned tofu scramble w/ onion & bell peppers + avocado & roasted tomato

Scrambled Eggs & Sausage

2 scrambled eggs w/ breakfast sausage & roasted tomato on the side

V

Pancake Stack

3 fluffy pancakes served w/ blueberry compote, fresh mango & syrup

V

Vegetarian

VF

Vegan Friendly

Good
Morning

Today's Breakfast

please order with your server

VF **Caramelized Banana Oats**

Creamy oatmeal prepared w/ plant-based milk, topped w/ warm caramelized bananas

V **Eggs & Vege**

2 poached eggs accompanied by sweet potato & chickpea breakfast hash

Bacon & Eggs

2 eggs sunny side up or over-easy, accompanied by rashers of local bacon, hash brown & roasted tomato



V Vegetarian

VF Vegan Friendly



From the Hot Kitchen

please order with your server

VF

Avo & Sweet Potato Hash

A hearty way to start the day! Served w/ a side of avocado. Hot sauce is optional & a good addition if you like some spice in your life

Ham, Cheese & Tomato Omelette

Served w/ a hash brown on the side

V

Eggs Florentine

2 medium poached eggs w/ sautéed local spinach, served on a lightly toasted English muffin & finished w/ hollandaise sauce

V

Vegetarian

VF

Vegan Friendly

CAKE OF THE DAY, SERVED AT 3PM

Persian Love Cake

Jaffa Orange Loaf Cake

Apple Cake

Coffee Walnut Cake

Vegan Brownie

Pear Cake

Chocolate Cake

