



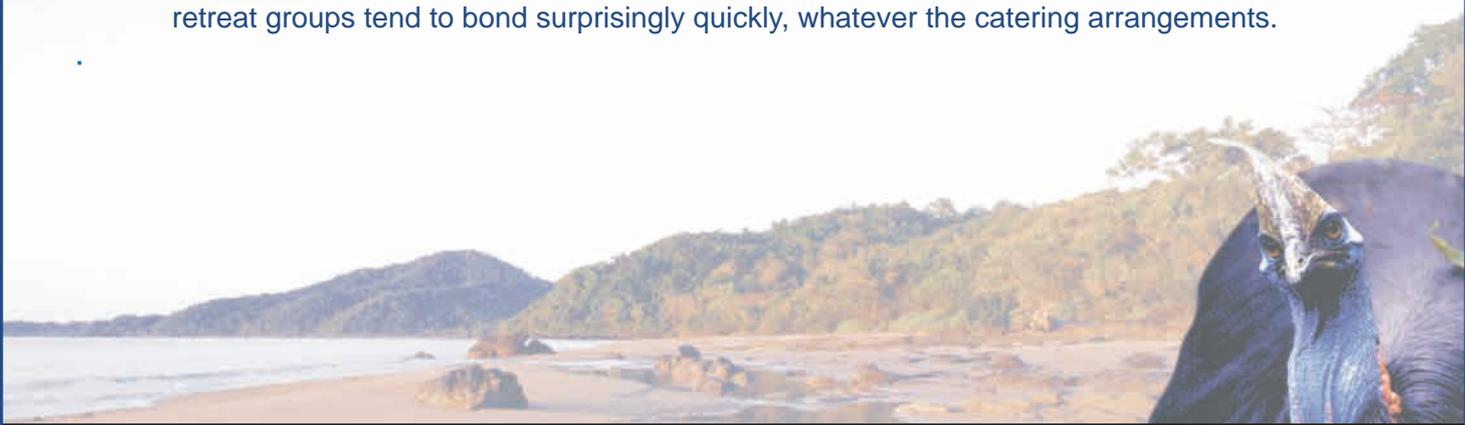
*Sanctuary Retreat is an accredited  
Eco-lodge set in the heart of  
lush tropical rainforest  
at Mission Beach,  
N. Queensland.*

## **Creative Catering**

Sitting high on a hill to catch the cooling breezes and views across the forest to the Coral Sea beyond, the Sanctuary Longhouse restaurant and bar captures the essence of the tropics. Polished hardwood floors, high ceilings with fans lazily shifting the balmy air and a balcony perfectly situated to watch the sunrise heralded by the bird's dawn chorus or the full moon rise out of the sea at sunset. Finished with beautiful handcrafted furniture the Sanctuary restaurant has a comfortable and relaxed ambience.

The meals at Sanctuary are freshly prepared, well presented and always taste as good as they look. As you would expect Sanctuary uses the freshest local produce and caters equally well for carnivores as it does for vegetarians.

- **Catered retreats** – A range of menus follows to give you an idea of the food styles and prices. You can always mix and match the options to suit. Please note that the buffet presentation style offered in some menus may only be possible for groups of 15 or more, however we can always work out alternative solutions that will best fit your group's needs.
- **Non-catered retreats** – Alternatively, you can offer the retreat without organised catering. We offer a la carte service breakfast, lunch and dinner, so your guests can either choose to dine in the restaurant or look after themselves in the well-equipped communal self-catering kitchen or alternate between the two.
- **Part-catered retreats** - As a guide, we've found that the inclusion of an evening meal brings everybody together socially around a table and fosters a sense of common union and purpose quickly. For single participants, it can often allay their fears that they will be on eating on their own for the week. But in any event, it's been our experience that yoga retreat groups tend to bond surprisingly quickly, whatever the catering arrangements.

A scenic view of a tropical beach with a large blue bird in the foreground. The bird is a large, blue, horned bird, possibly a cassowary, looking towards the camera. The background shows a sandy beach, a calm sea, and a lush green forest on a hillside under a clear sky.

**UNIQUE YOGA RETREATS & ECO-LODGE**