

The full board at "Arya Tara Dharmacenter" and seminar house "Hof Kuppen"

As part of our seminars, we offer a full catering. All meals are freshly prepared. We offer a large part in organic quality. For this we receive a weekly organic vegetable crate through a certified Demeter organic farm. Our basically vegetarian full board includes (commercial) dairy products, fresh milk from a farm in the neighboring village and egg products. Only in the winter months our free-range chickens (the "happy-girls-flat") take a break and give no eggs. At all other seasons, we rely solely on eggs from our own chickens. Since we do not employ a rooster, we can guarantee that our eggs are all unfertilized. Even guests, who otherwise prefer a vegan lifestyle, often like to have some. Over the whole course you can help yourself to our teas, this is our "Tea Flatrate". There is always a big thermos with hot water in the dining room; if you need it hotter, just use the kettle next to it.

The breakfast buffet

- Indian spice millet (vegan millet porridge) or oat fruit porridge
- 2 - 3 types of bread (for example, grain, brown and white bread)
- butter and vegan margarine
- 2 types of sliced cheese
- 2 types of spread cheese
- 1 vegan spread (homemade, such as chickpeas, lentils, beans)
- 3 types of jam (at least one homemade)
- honey
- cereal (musli)
- yoghurt (fat content 10%)
- nuts and dried fruits
- fresh fruits (apples, bananas, oranges)
- farmer's milk and soy, rice or oat drinks
- coffee

On Sundays we serve fresh rolls and soft-boiled eggs (of course also hard-boiled on request) for breakfast.

Lunch Buffet

By arrangement also vegan, gluten and/or lactose free. Here we set ourselves no creative limits in the selection of the lunch buffet. Sometimes it is classic, such as the mixed vegetable pot with polenta and patties, sometimes exotic, such as the Indian potato curry with dhal and rice. Depending on the type of seminar (for example, movement or meditation group), we offer adequate and rich meals. For each lunch buffet we provide at least two different salads (with and

without dressing). Vinegar and oil, soy sauce, spicy sauces and various condiments (such as pepper and salt) are always available, of course. Our deserts are mostly homemade. On request we can also prepare vegan variations.

Coffee & Cake

In the afternoon we provide fresh coffee and mostly homemade cakes. At what time in the afternoon, you decide.

Some groups prefer coffee just after the lunch buffet, others prefer to have a cake during the afternoon break, if their schedule allows it.

Of course, coffee can also be brought and prepared at any time in the tea kitchen of the seminar building. There are always filter machines and filters as well as an espresso pot available.

Coffee & Cake and our "Tea Flatrate" are included in the full catering price.

Evening Buffet

- hot soup in the cold seasons, in the warm seasons frittata or other creations (made of leftovers from the lunch buffet)
- 2 - 3 types of bread
- butter and vegan margarine
- 2 types of sliced cheese
- 2 types of spread cheese
- 2 types of French soft cheese (Camembert)
- vegan spread (see breakfast buffet)
- at least two salads (with and without dressing)
- when in stock cooked or sour pickled vegetables

We ask for your understanding that we do not provide any special foods, such as gluten-free bread, lactose-free milk, soy yoghurt or other "functional food". Then we could not offer our food for that price and in that quality.

Everything you are missing, you are welcome to bring to the buffets. For all guests a fridge for their perishable food is available. What you can not bring, we may get from one of our shopping tours for you. For this we always make a notice board in which you can register. You pay for the products brought only the purchase price according to the receipt.