

Namaste Cyphertown and Friends

Benjamin here with Divine Nourishment for You!

### **The Basics**

I will be serving 100% ORGANIC and Vegan Friendly BRUNCH and DINNER AND 24 Hour Snacks and Drinks from MONDAY morning through SUNDAY evening in Cyphertown. PLEASE BRING YOUR OWN DRINKING WATER, EATING VESSELS, CUP AND UTENSILS. Also, please register before August 18th!

### **Your Contribution**

VOLUNTEER, please remember to volunteer and Follow Through!, 4 HOURS and contribute \$150.

OR

Contribute \$210 and gift your volunteer opportunity to someone wanting a \$60 reduction in her/his kitchen experience.

If every volunteer helps when they say they can, we can REALLY ROCK THIS MENU:

### **CYPHERTOWN MENU 2008**

#### **MONDAY**

#### **LIQUID SUN SALUTATIONS**

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)

Cilantro Juice Made To Order

Macadamia Milk

Green Tea

Herbal Tea (no caffeine or herbal stimulants)

Turkish Coffee

#### **SWEET SUN SALUTATIONS**

Fresh Ground Whole Wheat Pancakes with Strawberry Agave Compote or Maple Syrup

Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

#### **SAVORY SUN SALUTATIONS**

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese

Steamed Spinach

Brown Rice

French Green Lentils  
Mixed Green Salad with a Light Hemp Citrus Vinaigrette

Served 8 to 11am Playa Time. Nourishment is always available.

### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

Served Noon to 6pm Playa Time. Nourishment is always available.

### DIVINE COMMUNION

Baby Arugula Salad with Herbed Cherry Tomato Halves, Hemp Lime Dressing,  
Avocado, Flax Crouton and Almond Sprinkle  
White Bean Soup with Oil of Carrot and Thyme  
Vegetable Ragout  
Wild Rice Pilaf  
Shiitake Mushroom Ravioli Made Fresh On La Playa with a Cashew Buerre Blanc

Held at 7pm Playa Time

### FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

Served from 11pm to 7am the following morning Playa Time

## **TUESDAY**

### LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)  
Watermelon Juice Made To Order  
Sprouted Almond Milk  
Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

## SWEET SUN SALUTATIONS

Fresh Ground Brown Rice Flour Blueberry Pancakes with Maple Syrup  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

## SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Steamed Kale  
Brown Rice  
French Green Lentils  
Mixed Green Salad with a Light Hemp Citrus Vinaigrette

## COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

## DIVINE COMMUNION

Tri-Color Beet Salad with Balsamic Vinaigrette, Toasted Hazelnuts and Red Beet  
Sprouts over a Red Beet Juice Reduction  
Steamed Asparagus  
Cashew Creamed and Herbed Garlic Mashed Potatoes with Mushroom Onion Gravy  
Kidney Beans  
Seared Black Cod

## FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

## **WEDNESDAY**

## LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)  
Carrot Juice Made To Order  
Cashew Milk

Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

### SWEET SUN SALUTATIONS

Whole Oat Groats with Maple Syrup or Agave  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Steamed Broccoli  
Brown Rice  
French Green Lentils  
Shredded Jicama Salad with Sweet Sesame Seed Vinaigrette

### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### DIVINE COMMUNION

Shaved Fennel and Dill Salad with Creamy Pistachio Dressing  
Ratatouille Topped with Fried Shallots  
Risotto with Roasted King Trumpet Mushrooms and Fresh Parsley  
Chic Pea Flour Croquet (A Puck of Deep Fried Goodness)

### FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

## **THURSDAY**

### LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)

Kale Juice Made To Order  
Hemp Seed Milk  
Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

#### SWEET SUN SALUTATIONS

Fresh Ground Whole Quinoa Flour Pancakes with Maple Syrup or Agave  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

#### SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Steamed Kale  
Brown Rice  
French Green Lentils  
Shredded Cabbage Salad

#### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

#### DIVINE COMMUNION

Chai Tea  
Vegan Mango Lassi  
Dal  
Spicy Pickles  
Steamed Cauliflower  
Lemon Saffron Basmati Rice with Cilantro  
Chicken Masala  
Coconut Curry Sauce

#### FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

## FRIDAY

### LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)  
Pear Juice Made To Order  
Rice Milk  
Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

### SWEET SUN SALUTATIONS

Fresh Ground Whole Wheat Flour Banana Bread  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Steamed Chard  
Brown Rice  
French Green Lentils  
Shredded Carrot Salad with Light Agave Hemp Annatto Dressing

### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### DIVINE COMMUNION

Horchata  
Tortilla Chips Made Fresh On La Playa  
Guacamole  
Raw Jicama Sticks  
Sauteed Sweet Red and Yellow Bell Peppers  
Sauteed Onions  
Picante Salsa  
Pico de Gallo  
Spanish Rice  
Black Beans  
Pinto Refried Beans

### FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

## **SATURDAY**

### LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)  
Watermelon Juice Made To Order  
Macadamia Milk  
Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

### SWEET SUN SALUTATIONS

Apple Cinnamon Raisin Fresh Ground Whole Amaranth Flour Pancakes with Maple  
Syrup or Agave  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Steamed Kale  
Brown Rice  
French Green Lentils  
Raw Red Radish Slices

### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Fresh Fruit (Bananas, Apples, Grapes, Watermelon)

### DIVINE COMMUNION

Sunonmono: Cucumber Salad with Toasted Sesame Seeds and Nori Tsuma in Ni Hizu  
Seaweed Salad  
Daikon Radish and Carrot Tskemono (Japanese Pickles) made fresh on la playa  
Temaki (Hand Roll) with Your Choice of Cucumber, Avocado, Tskemono, Salmon or  
Crispy~Salty Salmon Skin

Salmon Sashimi  
Vegetable Tempura  
Miso Soup

#### FIRE IN THE BELLY

Mineral Broth  
Hot Chocolate  
Green Tea  
Turkish Coffee  
Fresh Fruit  
Soup

### **SUNDAY**

#### LIQUID SUN SALUTATIONS

Raw Orange Juice (Electric Juicer and Oranges Set Up for Self Service)  
Carrot Juice Made To Order  
Sprouted Almond Milk  
Green Tea  
Herbal Tea (no caffeine or herbal stimulants)  
Turkish Coffee

#### SWEET SUN SALUTATIONS

Fresh Ground Whole Wheat Flour Banana Bread  
Watermelon Slices

#### SAVORY SUN SALUTATIONS

Omelets Made To Order with Your Choice of Veggies, Mushrooms and Cheese  
Sauteed Purple Cabbage  
Brown Rice  
French Green Lentils  
Turkey and Pig Bacon  
Shredded Daikon Salad

#### COOL COMFORTS

Aguas Frescas - Potent Alkalizing LimeAid made with Maple Syrup or Raw Agave  
Raw Vegetable Platter with Raw Dips (Almond Butter, Cashew Butter)  
Watermelon

#### DIVINE COMMUNION

## Omakase - Chef's Choice

### Menu Notes

~Food And Drink Are Available At All Times! Our kitchen will always have something to nourish you, 24 hours a day starting Monday morning through Sunday evening. Brunch will be from 8am to 11am and dinner at 7pm, playa time.

~Everything is Organic! We use certified organic foods. The only non-certified organic products we use are ocean born (sea vegetables and fish).

~Nutrient Rich! We do our best to make the nutrition in our colorful menu enticing and accessible. We serve our unsaturated oils raw, include mineral dense leafy greens at most meals and offer optional boosters like nutritional yeast which has all the B vitamins including B12 (rare in vegan diets) and chromium (an important cofactor in sugar digestion, good for energy!). Be sure to try the mineral broth!

~Vegan Friendly! All sacred offerings of animal flesh and products will be clearly labeled. Our plant based menu includes two animal products, eggs and cheese, and the flesh of four animals: chicken, fish, turkey and pig. Our oils, stocks, emulsifiers and sweeteners are 100% vegan. We will not be using honey. Be aware that the bread and breaded offerings may have egg in them. We will have egg-free pancakes clearly labeled in tandem with pancakes made with egg. The tempura on Saturday WILL HAVE EGG in the batter.

~Transforming Karma for The Highest Good! If eating animals is your medicine, please join us in the kitchen temple to pay homage and set intentions for transforming the karma of taking these precious lives for the highest good. Say a prayer. Set intentions for how you will honor this life force you are integrating into your body and use it to elevate universal consciousness!

~Raw Foodists! Please ask for any raw ingredients you may need from our pantry and cold storage. We will be happy to provide you with what we have. Contact me to collaborate on making nut milks and other staples available. We will have three high powered blenders available to you in the kitchen.

(8~ALLERGIES~8)(8~ALLERGIES~8)(8~ALLERGIES~8) If you have allergies, I LOVE YOU! And, I want to nourish you in the best way~8) If you are allergic to nuts, wheat, sugar or ANYTHING!, please email me a list of foods that work for you and the ones that do not. Or...we can align on la playa~`~

~Master Cleansers! The lime-aid can be made available 24/7. Please connect with me, Benjamin, so we may ease your transition to a liquid diet. Also, the mineral broth on the nightly menu is an excellent addition to the Master Cleanse!

~We Use BioDiesel! B99 fuels our trucks and generator so we can leave less of a trace.

~Our Cooking Surfaces Are Stainless Steel! Our pots, pans, steamers and flat-top are stainless steel. Our only aluminum cooking surfaces (sheet pans) are covered with parchment paper to prevent food from directly contacting the pan. No Non-Stick Pans Here!~`~Teflon plastic flakes from non-stick pans get deposited in the food they are cooking. We like to serve organic goodness free of plastic, thank you!

~Heavy Metals. We are mindful of the metals/minerals that we allow in our food. Mineral rich sea vegetables are good. Aluminum that has been linked to Alzheimer's Disease is something we would prefer to err on the side of caution and exclude from our pursuit of eating a clean, non-toxic diet. Also, we only serve wild caught fish the size of salmon and smaller. The reason being, heavy metals bioaccumulate at the top of the food chain. Hence, greater concentrations of heavy metals are found in larger fish like mercury in tuna. Mercury is what shapers used to form cowboy hat brims back in the day and was the cause for "Mad Hatter's" Disease.

~Fire In The Belly. Hot foods will be held at safe holding temperatures throughout the night in our catering truck's propane fired steam table. Hot beverages will be served from our propane fired urns and Camtainers (boxy thermally insulated containers with easy-to-use pour spouts).

~Playa Time! Playa time is time as it bends with the elements. Volunteer...and we all eat on time:) This is key for our kitchen's happiness=)

~Medicina! Divine Nourishment is safe for sober folk. The only medicine coming out of the kitchen will be organic goodness and caffeine, which will be clearly marked "coffee, green tea or chai". If you are cleansing, please contact me to collaborate.

~We Cook With Coconut Oil! Coconut Oil is a medium chain fatty acid. It has a nice balance of digestability and durability. Cooking at high heat does less damage to coconut oil than shorter chain fatty acids also known as unsaturated oils. It is more digestible than long chain fatty acids, such as saturated animal fats.

~The Menu Is Subject To Change. Integrating all the variables of this journey may shift the kitchen's output. We will do our best to follow the menu AND add inspired fanfare!

## **VOLUNTEER!**

Think of the day and time you would like to volunteer=~) Shift times are:

6 AM ~ 10 AM

10 AM ~ 2 PM

2 PM ~ 6PM

6 PM ~ 10 PM  
10 PM ~ 2 AM  
2 AM ~ 6 AM

and will be available on a first come first serve basis, so sign up with Benjamin ASAP!  
ALSO, please include your volunteer day and time in ALL email correspondence with Benjamin. Thank You!

### **PAYMENT**

To keep your money in the Family, please mail your check to:

Divine Nourishment  
3705 E Avenue T-12  
Palmdale CA 93550

Most credit union and bank websites offer the option to send a physical check through their bill pay menu. It's easy! Just enter my name and address:)

OR

PayPal me at [eat@divinenourishment.com](mailto:eat@divinenourishment.com)

Checks may be made out to Benjamin Haffner or Divine Nourishment.

This will be my 5th year co-creating a communal kitchen at the burn! It is my art, my love, my bhakti. I look forward to creating this vessel of community with You! Please contact me when you like~`~

310 773 6510  
[eat@divinenourishment.com](mailto:eat@divinenourishment.com)

Love

Benjamin