



TIDE

PHOTOGRAPHY & DESIGN BY KERRA ROGOFF
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TABLE



WHAT'S INCLUDED | MULTI-DAY RETREAT

- MULTI-DAY / ON-SITE PRIVATE CHEF SERVICES WITH CHEF KERRA | OWNER OF TIDE TABLE.
- COLORFUL, BRIGHT, ARTFUL PLATES THAT ARE CAMERA READY!
- MORE THAN A STRANGER BEHIND THE SCENES; CHEF KERRA GREETES EACH GUEST PERSONALLY, IS OPEN TO COME OUT FOR A PRE-DINNER PRESENTATION OF ANY MEAL AND MAKES SURE YOU, THE HOST, IS FED AND NOURISHED WHILE YOU COMMIT TO NOURISHING SO MANY OTHERS. YOU CAN EXPECT AN EXPERIENCED RETREAT CHEF WITH A POSITIVE ATTITUDE, A HELPFUL SPIRIT AND A TRUE COMMITMENT TO QUALITY.
- **25 MINUTE INITIAL CONSULTATION & CUSTOM QUOTE | SENT WITHIN 7 DAYS**
- **45 MINUTE MENU DEVELOPMENT CONSULTATION | AFTER DEPOSIT IS SENT**
- **45 MINUTE PRE-EVENT LOGISTICS MEETING | 1 MONTH BEFORE THE RETREAT**
- **EMAIL COMMUNICATION | [KERRAROGOFF@GMAIL.COM](mailto:kerrarogoff@gmail.com) | WILL REPLY WITHIN 72 HOURS**
- SEASONAL, LOCALLY SOURCED INGREDIENTS AND SUPPLEMENTED BULK ORDERS
- ARTFULLY CRAFTED AND DELICIOUS MEALS; BUILT TO NOURISH YOU AND YOUR GUESTS
- GOOGLE SHEETS SENT PRIOR TO MEETINGS TO RECEIVE YOUR SPECIFIC PREFERENCES / HAVE A CLEAR REFERENCE POINT FOR SMOOTH COMMUNICATION
- TAILORED MULTI-DAY MENU PLAN; DESIGNED AROUND YOUR RETREAT SCHEDULE / BUDGET
- ALL ALLERGIES AND DIETARY NEEDS HIGHLY CONSIDERED
- CHEF KERRA COMPLETES GROCERY SOURCING TRIPS PRIOR TO THE EVENT
- ALL FOOD INGREDIENTS PROVIDED AND PREPARED BY CHEF KERRA
- COOKING TOOLS BROUGHT ON SITE
- OPTIONAL CHEF-GUIDED FOOD WORKSHOP TO ENHANCE YOUR RETREAT SCHEDULE



WHAT'S INCLUDED | ONE-DAY RETREAT

- ONE-DAY / ON-SITE PRIVATE CHEF SERVICES WITH CHEF KERRA | OWNER OF TIDE TABLE.
- COLORFUL, BRIGHT, ARTFUL PLATES THAT ARE CAMERA READY!
- MORE THAN A STRANGER BEHIND THE SCENES; CHEF KERRA GREETES EACH GUEST PERSONALLY, IS OPEN TO COME OUT FOR A PRE-DINNER PRESENTATION OF ANY MEAL AND MAKES SURE YOU, THE HOST, IS FED AND NOURISHED WHILE YOU COMMIT TO NOURISHING SO MANY OTHERS. YOU CAN EXPECT AN EXPERIENCED RETREAT CHEF WITH A POSITIVE ATTITUDE, A HELPFUL SPIRIT AND A TRUE COMMITMENT TO QUALITY.
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MULTI-DAY RETREAT HOST PROVIDES

- GUEST'S ALLERGY/DIETARY INFORMATION 30 DAYS BEFORE THE EVENT
- CHEF'S ACCOMMODATION (A BED IN A PRIVATE ROOM **OR** A BED IN A SHARED ROOM WITH RETREAT HOST OR OTHER SUPPORT STAFF)
- RETREAT HOST, SUPPORT STAFF I.E. PRACTITIONERS / MUSICIANS / PHOTOGRAPHERS / MEALS TO BE INCLUDED IN GUEST COUNT #
- AN EVENT SPACE WITH A FULLY FUNCTIONING KITCHEN; DISHWASHING MACHINE, OVENS, HOT WATER, POWER & REFRIGERATION
- PAYMENT FOR AN ADDITIONAL STAFF MEMBER TO SERVE AS A SUPPORTING CHEF IF GUEST COUNT EXCEEDS 10 PEOPLE (CHEF CAN PERSONALLY SOURCE SOMEONE / COORDINATE THEIR SCHEDULE + £14 PER HOUR + TRAVEL TIME)
- THE RETREAT HOST CONFIRMS WHAT DINING AND SERVEWARE THE EVENT SITE ALREADY HAS (PLATTERS, PLATES, TABLES, LINENS, NAPKINS, GLASSWARE, MUGS, CUTLERY). FOR ANYTHING MISSING, COLLABORATE WITH CHEF TO CREATE A LIST OF ITEMS AND QUANTITIES BASED ON GUEST # / MENU. RENTAL COSTS CHEF SOURCES FROM AN EQUIPMENT RENTAL CO. WILL BE ADDED TO INVOICE.

ONE-DAY RETREAT HOST PROVIDES

- GUEST'S ALLERGY/DIETARY INFORMATION 30 DAYS BEFORE THE EVENT
- RETREAT HOST, SUPPORT STAFF I.E. PRACTITIONERS / MUSICIANS / PHOTOGRAPHERS / MEALS TO BE INCLUDED IN GUEST COUNT #
- AN EVENT SPACE WITH A FUNCTIONING BASIC KITCHEN; SINK, OVEN, HOT WATER, POWER
- THE RETREAT HOST CONFIRMS WHAT DINING AND SERVEWARE THE EVENT SITE ALREADY HAS (PLATTERS, PLATES, TABLES, LINENS, NAPKINS, GLASSWARE, MUGS, CUTLERY). FOR ANYTHING MISSING, COLLABORATE WITH CHEF TO CREATE A LIST OF ITEMS AND QUANTITIES BASED ON GUEST # / MENU. RENTAL COSTS CHEF SOURCES FROM AN EQUIPMENT RENTAL CO. WILL BE ADDED TO INVOICE.

CHEF-GUIDED GRAZE WORKSHOP

OPTIONAL ----- ENHANCE YOUR RETREAT

WITH TIDE TABLE'S CHEF GUIDED WORKSHOP | CHEF KERRA BRINGS ALL EQUIPMENT, FOOD, AND PRINTED GUIDES

THIS WORKSHOP WAS CREATED BY CHEF KERRA FOR HER CALIFORNIA CLIENTS. A UNIQUE, INTERACTIVE WAY TO ENHANCE YOUR RETREAT WEEKEND. AN ACTIVITY YOU CAN BUILD INTO YOUR RETREAT SCHEDULE THAT IS TRULY UNIQUE FROM THE REST. CHEF KERRA GUIDES IMMERSIVE, HANDS-ON WORKSHOPS; WHERE GUESTS DESIGN THEIR OWN STUNNING GRAZING BOARDS WITH SEASONAL, FARM-TO-TABLE INGREDIENTS. PARTICIPANTS LEARN FORAGING, FOOD STYLING, FLAVOR PAIRING, AND THE ART OF STORYTELLING THROUGH FOOD — CREATING AN EXPERIENCE THAT'S BOTH CREATIVE AND DELICIOUS. WORKSHOPS COMBINE CREATIVITY, COLLABORATION, AND A FARM-TO-TABLE CULINARY EXPERIENCE.

THE ULTIMATE BONDING ACTIVITY YOUR GUESTS WILL NOT FORGET. THIS EXPERIENCE HAS BEEN ENJOYED BY 120+ GUESTS!

WORKSHOP FLOW (1 HOUR 10 MIN)

- 0:00–0:10 — ARRIVAL, WELCOME, POTENTIAL GROUP FORAGING
- 0:10–0:60 — HANDS-ON GRAZING BOARD CREATION WITH GUIDANCE.
- 0:60-0:70 — CLOSING, PHOTOGRAPHY, EAT!

+ £35 PP | INCLUDES CHEF GUIDED WORKSHOP, INGREDIENTS & EQUIPMENT COST | RETREAT HOST CAN BUILD THIS INTO THE RETREAT TICKET PRICE



INFO, DEPOSIT & CANCELLATION POLICY

A CONTRACT WILL BE SENT WITH THE DEPOSIT / INVOICE

SEPARATE GROCERY COST TBD | EQUIPMENT RENTAL COST TBD

A DEPOSIT OF 20% OF THE TOTAL QUOTED PRICE IS REQUIRED TO CONFIRM AND SECURE YOUR EVENT DATE.

THIS DEPOSIT IS NON-REFUNDABLE AND COVERS PLANNING, ADMINISTRATION, AND TURNED-AWAY BOOKINGS

FOR YOUR DATE. THE REMAINING BALANCE IS DUE PRIOR TO THE EVENT (DATE TO BE CONFIRMED).

IF THE TIDE TABLE MUST CANCEL FOR ANY REASON, THE FULL DEPOSIT WILL BE REFUNDED TO THE CLIENT.





CREDENTIALS & COMPLIANCE

WOMAN-OWNED SMALL BUSINESS

AYURVEDIC CERTIFIED CHEF (2023):
COMPLETED PROFESSIONAL TRAINING IN
AYURVEDIC NUTRITION AND CULINARY ARTS

FOOD HANDLER CARD CERT. (2026)

EMAIL

KERRAROGOFF@GMAIL.COM



LET'S WORK TOGETHER