

UMAJATI RETREAT

HOME COOKED MEALS

Monday

Breakfast - Homemade granola with yogurt, tropical fruit plate, bread basket homemade flax seed muffins, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Lunch - Larb with Nasi Kuning - Lightly steamed cabbage leaves in bite size servings filled with vegetables and tofu (chicken) served with tangy soy sauce and special yellow rice containing slices of omelet, fried soybean, sweet coconut with shallots

Veg Rp 55,000

Rp 70,000

Dinner - Balinese Grilled Chicken (or Tempe steak) with Rosemary-Roasted Garlic Mashed Potatoes - served with steamed Chinese long beans, tossed with garlic, balsamic vinegar and olive oil. Fresh Fruit served as Dessert.

Veg Rp 80,000

Rp 90,000

Tuesday

Breakfast - Homemade granola with yogurt, tropical fruit plate, bread basket homemade flax seed muffins, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Roasted Chicken or Tempe on Lettuce - served with French beans in a tangy soy mustard sauce with hummus and fresh sourdough bread

Veg Rp 55,000

Rp 70,000

Dinner- Malaysian Tofu Curry with Spicy-Peanut Sauce -served with pickled vegetables and Nasi Ulam; rice served with a variety of fresh spices to add flavor

Veg Rp 75,000

Homemade Chocolate cake

Rp 30,000

Wednesday

Breakfast - Homemade granola with yogurt, tropical fruit plate, bread basket homemade scones, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Lunch- Nasi Goreng - A Balinese favorite of fried rice cooked with (chicken) egg, tofu and vegetables and young Morinda leaf

Veg Rp 55,000

Rp 65,000

Dinner- Fish Tacos with Crunchy Corn Salsa and Lime-Coriander Rice - Make your own with fresh lettuce and herbs and our avocado salsa. Light but filling!

Rp 90,000

Chocolate cake

Rp 30,000

Thursday

Breakfast - Homemade granola with yogurt, tropical fruit plate, bread basket homemade scones, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Lunch-Tuna Salad Sandwich-served with baba ganoush and melinjo crackers

Rp 70,000

Dinner - Terong Salad Colo Colo, Sate Tempe, Sambal Merah & Sambal Hijau, Oseng Oseng, Nasi & Dadar - Balinese eggplant salad, tempe sate, choice of savory lightly spiced relish, sautéed vegetables, red rice and Balinese pancake for dessert

Rp 85,000

Friday

Breakfast -Homemade granola with yogurt, tropical fruit plate, bread basket homemade scones, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Lunch-Soto Ayam - Javanese style spicy chicken (tofu) soup or vegetable soup with a side of Balinese rice

Veg	Rp 60,000
	Rp 75,000

Dinner - Baked Avocado-Mango Fish (Tofu) with Steamed Broccoli Tossed with Balsamic and Olive Oil served with Lime Coriander Rice

Veg	Rp 75,000
	Rp 90,000

Homemade Carrot cake

	Rp 30,000
--	-----------

Saturday

Breakfast -Homemade granola with yogurt, tropical fruit plate, bread basket homemade flax seed muffins, scrambled egg or vegetable omelet, with stir-fry seasonal greens on the side, Indonesian grown coffee or green or black tea

Lunch-Saigon Chicken or Tempe Salad-served with crunch soy nuts and lemongrass-kaffir lime dressing

Veg	Rp 65,000
	Rp 70,000

Dinner -Pepes Ikan, or Pepes Tofu, Urab Pakis, Acar, Sambal Matah, Nasi Merah, Dadar - Balinese steamed fish with fresh spices cooked in banana leaf, steamed fern tips and beans with fresh coconut, Balinese pickles, lightly spiced relish of fresh gingers and onions in coconut oil, brown rice, Balinese pancake

Veg	Rp 85,000
	Rp 90,000

Sunday

Breakfast - Homemade granola with yogurt, tropical fruit plate, French Toast with Balinese palm sugar, yoghurt, Indonesian grown coffee or green or black tea

Lunch-Egg Salad Sandwich with side of green salad Rp 55,000

Dinner - Grilled Vegetable Pasta with Chayote Mango Soup - penne pasta tossed with Parmesan cheese, grilled cherry tomatoes, bell pepper and onions and topped with fresh basil. Served with a side of mango chayote soup, Parmesan garlic bread and fresh fruit Rp 95,000

Salads

Mixed Vegetable Salad with cheese Rp 35,000

Green Salad with cheese Rp 35,000

Choice of Dressings

Soy Mustard

Balsamic Vinegar Olive Oil

Ginger Sesame

Plates of Steamed Vegetables Rp 30,000

Broccoli

Chinese Long Beans

French Beans

Bok Choy

Drinks

Beer (Bintang) Large Rp 45,000

Small Rp 35,000

Coca Cola Rp 15,000

Sprite Rp 15,000

Tonic Water Rp 15,000

Juice - Watermelon, Papaya, Lemon, Mango Rp 15,000

Lassi - Papaya, Mango (seasonal), Banana Rp 40,000

Coffee

Indonesian grown coffee from *Café Seniman* (Sumatran, Kintamani, Papua). Visit *Café Seniman* in Ubud - see from roasting the beans to the unique style of making coffee. Rp 20,000 cup

Tea - We use *Dharma Teas* as our house tea due to their superior quality and ethics in supporting small farm tea growers in Indonesia while helping them improve their growing and processing techniques as well as certifications. Rp 35,000 pot serves 2

Black

Agung - a medium body with no astringency, and slight spicy character - served with/without milk

Green

Golden Leaf - a heavier body but light refined, floral aroma

Oolong

Telaga Oolong - a lightly oxidized oolong with fruity notes

Herbal

Red Berries - a well rounded mixture of fruit, flowers and berries

After Dark - good as after dinner drink with a mix of spearmint, chamomile and lemongrass