

# UMAJATI RETREAT

## HOME COOKED MEALS

### Monday

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**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** - Hearty Tempe Shepherd's Pie (Tempe or Chicken) - served with green salad & toasted pumpkin seeds.

Veg Rp 75,000  
Rp 85,000

Homemade Chocolate cake

Rp 30,000

### Tuesday

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**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** - Kare Nangka, Sate Lilit Ikan (or Tempe), Sambal Tomat, Urab Sengkong, Nasi Putih - Balinese curry jackfruit with fish or tempe sate, tomato relish, cassava leaf mixed with fresh coconut, rice

Tempe Rp 75,000  
Chicken Rp 80,000

Homemade Chocolate cake

Rp 30,000

## Wednesday

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**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 - Grilled Vegetable Sandwich with Tempe or Cheese and Salad & Bread** - A sandwich with pesto and grilled vegetables and a choice of cheddar cheese or fried tempe on sourdough bread and side of mixed green salad

Tempe Rp 65,000

Cheese Rp 72,000

**Dinner-Vietnamese Steamed Fish with Lemongrass and Scallions with Pomelo Salad**- served with tofu galangal soup and fried shallot rice

Rp 95,000

## Thursday

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**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-Ayam Sambal Matah with Oseng Leek-Carrot and Nasi Putih**-Balinese chicken (Tempe or chicken) salad with a side of sautéed carrots and leek, and served with white rice

Veg Rp 55,000

Rp 65,000

**Dinner - Eggplant Parmesan with Steamed Broccoli** - served with a small side of penne pasta tossed with fresh flat-leaf Italian parsley and Parmesan cheese. Dessert of Fresh fruit

Rp 95,000

Homemade Carrot cake

Rp 30,000

## Friday

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**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 - Vietnamese-Style Lemongrass-Turmeric Tofu Sandwich with Baba Ganoush and Melinjo** - A sandwich with pesto and lemongrass turmeric marinated tofu with fresh pickles of daikon and carrots with a side of baba ganoush and melinjo cracker

Rp 65,000

**Dinner-Kare Ayam (Tofu), Nasi Coklat, Javanese Terancam Salad** - Balinese chicken (or tofu) curry with brown rice and a side of spicy Javanese salad

Veg Rp 70,000

Rp 80,000

Homemade Carrot cake

Rp 30,000

## Saturday

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**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 - Umajati's Special Vegetarian Nasi Campur** with mildly spicy fried tempe, ribbons of omelet, eggplant, fried soybean, and Balinese spiced grated coconut with shallots

Rp 65,000

**Dinner - Pesto Pasta, & Ginger Carrot Soup** -pasta with fresh mushrooms and parmesan cheese, ginger carrot soup and a refreshing watermelon-feta salad, served with a dessert of fresh fruit

Rp 95,000

## Sunday

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**Breakfast** - Homemade granola with yogurt, tropical fruit plate, tofu blueberry pancakes with Balinese palm sugar, yoghurt, Indonesian grown coffee or green or black tea

**Lunch** - **Tempe and Sunflower Seed Burger** with homemade tomato sauce with a side of fresh salad with sliced carrot and jicama with Parmesan

Rp 65,000

**Dinner** - **Terong Merah, Tempe Manis, Nasi Kuning with Saur and Kacang Geles** - Eggplant salad with red Indonesian sauce, fried sweet tempe, traditional yellow rice with topping of soy nuts and sweetened coconut. A dessert of Balinese Pancake

Rp 75,000

## Salads

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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

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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

Lassié - 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