

# PRONOIA

## RETREAT BREAKFAST 8-11am

### Egg Breakfast

2 Eggs your way, toasted sourdough bread, grilled sausage, homemade baked beans, sauteed sweet potato, grilled tomato. 330cal // 15.5g fat // 27.7g carb // 17.2g protein.

### Nasi Goreng

Fried steam rice, with Asian sauce, sambal, fried egg, vegetable pickle, shrimp crackers. 578cal // 37.8g fat // 44.4g carb // 12.4g protein.

### Bakmi Goreng

Fried Egg noodles, with Asian sauce, sambal, fried egg, vegetable pickle, shrimp crackers. 596 cal // 19.2g fat // 79.8g carb // 26.6g protein.

### Bircher muesli

Roll oats, granola, strawberry, coconut milk, raisin, cinnamon, honey, mint leaf. 416 cal // 8g fat // 72g carb // 12g protein.

### Coconut & Banana Pancake

Homemade Caramel sauce, coconut flake and sweet coconut grated. 717 cal // 61g fat // 12.88g carb // 47g protein.

### Tropical smoothie bowl

Dragon fruit, chia seed, coconut water, granola, grated coconut, papaya, mango, banana. 370 cal // 10g fat // 66g carb // 4g protein.

\*All breakfasts include a Bali Coffee or Tea and free flow of water

\*Retreat meals are not exchangeable, accumulative or transferable



Gluten free



Vegetarian



Contains pork

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## RETREAT LUNCH 12-3pm

### Hearty lamb Moussaka

Ground NZ lamb & chicken with garlic, tomato, spices and dried herbs, grilled zucchini, eggplant, local sweet potato mash and light béchamel sauce. 382 cal // 13g fat // 44g carb // 20g protein

### Paleo chicken

Tender chicken breast topped with mixed mushrooms, bacon, garlic, onion, fresh parsley, with a side of yams and Dijon mustard jus. 389 cal // 11g fat // 38g carb // 30g protein  
Gluten free, dairy free, low fat

### Mahi-Mahi ratatouille

Freshly caught Mahi-mahi topped with mushrooms, sweet potato, ratatouille, pesto, drizzled in orange sauce. 396 cal // 15g fat // 44g carb // 22g protein. Gluten free, dairy free, low fat

### Chilli con carne

American-style chili with Australian beef, ground chicken breast, red beans, vegetables and herbs with a side of red rice. 459 cal // 8g fat // 70g carb // 23g protein. Gluten free, dairy free, low fat

### Chicken or Tempe coconut curry

Light curry with perfectly tender chicken slow-cooked in coconut milk mixed with green bean, cauliflower, carrots, local sweet potato, baby corn, cilantro and black rice. 443 cal // 27g fat // 23g carb // 24g protein. Gluten free, dairy free, low fat

### Garden salad

Lettuce, roasted pumpkin, beetroot, edamame, red and spring onions, capsicum, coriander, lime, watermelon, and Balsamic vinaigrette. 306 cal // 8g fat // 44g carb // 10.60g protein.

### Broccoli zucchini soup

A nutritious blend of broccoli, zucchini, onion and vegetable stock. Toasted Sourdough bread. 242 cal // 5g fat // 41g carb // 14g protein Vegetarian, Gluten free, low fat, dairy free

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Contains pork