

PRONOIA

VEGETARIAN MENU

VEG Breakfast

Glutenfree bread, Slice avocado, homemade baked beans, sauteed sweet potato, grilled tomato.

Nasi Goreng

Fried steam rice, with Asian sauce, sambal, vegetable, pickle.

Bakmie Goreng

Fried noodles, with Asian sauce, sambal, vegetable, pickle.

Bircher muesli

Roll oats, granola, strawberry, coconut milk, raisin, cinnamon, honey.

Tropical smoothie bowl

Dragon fruit, chia seed, coconut water, granola, grated coconut, papaya, apple juice, mango, banana.

Broccoli zucchini soup

A nutritious blend of broccoli, zucchini, onion and vegetable stock, Glutenfree bread.

*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

PRONOIA

Vegetarian Menu

Tempe ratatouille

Freshly caught Tempe topped with mushrooms, sweet potato, tomato cerry, ratatouille, pesto, drizzled in orange sauce.

Tempe coconut curry

Light curry with perfectly tender tempe slow-cooked in coconut milk mixed with green bean, cauliflower, carrots, local sweet potato, baby corn, cilantro and black rice.

Garden salad

Lettuce, roasted pumpkin, beetroot, edamame, red and spring onions, capsicum, coriander, lime, watermelon and Balsamic vinaigrette.

Poke Bowl

Lettuce, White rice, Avocado, Mango, Cucumber, Nori, Pickle Gingger, Mango Salsa, Fried Tempe, Lime, Sesame Seed.

Capcay

Pokchoy, Carrot, coliflower, English Spinach, White onion, garlic, baby corn with mixed sauce .

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