

UMAJATI RETREAT

HOME COOKED MEALS

Monday

Breakfast - Homemade granola with yogurt, tropical fruit plate, bread basket homemade banana muffins, Balinese pancakes (crepes) with banana and grated coconut, Indonesian grown coffee or green or black tea

Lunch – Vegetarian Laksa – A mild curry broth with wheat noodles with tofu, bean sprouts and topped with mint. Served with a side of spicy tomato relish (*sambal tomat*). A non-vegetarian laksa is available with shredded poached chicken in a mild curry chicken broth

Veg	Rp 65,000
Chicken	Rp 75,000

Dinner – Lentil Loaf with homemade Tomato Sauce , and a Chinese Kale Salad with a Cumin Dressing – Our Umajati's vegetarian adaptation of a traditional meat loaf, and served with a Chinese kale salad with a tangy cumin dressing and a side of garlic bread

Rp 75,000

Homemade Carrot cake

Rp 30,000

Tuesday

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 - Roasted Vegetables Flatbread with a side of ginger carrot soup and garlic bread

Rp 70,000

Dinner – Mushroom Tikka Masala and Oven-roasted Spiced Cauliflower – An Indian-style mushroom curry with a side of oven-roasted cauliflowers and brown rice. Balinese pancake for dessert

Rp 85,000

Wednesday

Breakfast – Balinese Jaffle Sandwich with fried egg, tomato and fresh herbs. Served with a side of sambal tomat as a condiment.

Lunch – Vietnamese Rice Paper Salad Rolls with Nasi Kuning with tangy soy sauce and special yellow rice containing slices of omelet, fried soybean, sweet coconut with shallots

Rp 65,000

Dinner- Penne Pasta with home-made, oven-roasted Tomato Sauce, Mushrooms and Tempeh “meatballs,” topped with fresh basil and grated Parmesan cheese. Served with a side of steamed green beans with a yogurt-garlic sauce and a slice of garlic bread. Fresh fruits as a dessert

Rp 85,000

Thursday

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 – Mie Goreng Bali Sambal Tomat – A slightly spicy Balinese-style fried noodles with tofu or chicken with a variety of vegetables. Served with a side of spicy tomato relish (*sambal tomat*)

Veg Rp 50,000

Chicken Rp 65,000

Dinner – Electric Chili – A Latin America-inspired bean chili (mild) with fresh corn and tomatoes. Served with a side of brown rice and a side of mixed salad.

Rp 75,000

Homemade Carrot cake

Rp 30,000

Friday

Breakfast – Balinese-style pancake (crepe) with sliced bananas and topped with grated fresh coconut with a squeeze of lime, Indonesian grown coffee or green or black tea

Lunch - Vegetable Frittata Sandwich – The perfect comfort food for a lazy day by the pool. Our frittata sandwich is enriched with a variety of vegetables and topped with lettuce. If you like that extra zing, we can add some chili flakes or smear it with our sambal tomato. Served with a side of Baba Ganoush and Melinjo crackers

Rp 65,000

Dinner – Three Flavors Braised Tofu Stew – A braised tofu stewed with carrots, leeks, ginger, garlic, soy sauce, sesame oil and touch of palm sugar to melt the flavors. Served with white rice, and stir-fry mixed greens

Veg Rp 70,000

Homemade Chocolate 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 – Soto Ayam / Tofu Beehoon – A mild Javanese spicy broth with shredded chicken or tofu, and rice vermicelli noodles and drizzled with fried shallot-infused oil

Chicken Rp 70,000

Tofu Rp 55,000

Dinner – Nasi Campur Spesial Umajati with Gedang Mekuah – An authentic Balinese meal! Our vegetarian Balinese *Nasi Campur*, soy-marinated eggplant, fried tempeh with Balinese spices, egg omelet ribbons and a side of green papaya soup.

Rp 65,000

Homemade Chocolate cake

Rp 30,000

Sunday

Breakfast – French Toasts with Balinese palm syrup, Indonesian grown coffee or green or black tea

Lunch - Gado Gado – A very popular Indonesian salad of blanched green long beans, bean sprouts, carrots, spinach, fried tofu, boiled potatoes and served with an Indonesian peanut sauce and Melinjo crackers

Rp 50,000

Dinner – Turkish Mint Lentil Soup with Turkish Tempeh-Mushroom Raviolis – An inspired Turkish meal of mint lentil soup, Turkish home-made manti (ravioli) with a tempeh-mushroom filling in a warm yogurt-garlic sauce, a side of green salad and a slice of garlic bread

Rp 80,000

Homemade Chocolate cake

Rp 30,000

Salads

Mixed Vegetable Salad with or without cheese

Rp 30,000

Green Salad with or without cheese

Rp 30,000

Choice of Dressings

Soy Mustard

Balsamic Vinegar Olive Oil

Ginger Sesame

Plates of Steamed Vegetables

Rp 25,000

Broccoli

Chinese Long Beans

French Beans

Bok Choy

Drinks

Beer (Bintang) Large Rp 30,000

Small Rp 20,000

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 35,000

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 15,000 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 30,000 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

Herbal

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