

SEED GARDENS



MENU

BREAKFAST, LUNCH & DINNER

UMALAS - CANGGU, BALI

BREAKFAST MENU

All breakfast options are inclusive of the following

SEASONAL FRUIT PLATTER

Selection of watermelon, papaya, banana, melon, honeydew, mango, avocado, dragon fruit, and pineapple

MIXED GRANOLA

(plain/coconut yoghurt)

Mixture of rolled oats, pumpkin seeds, cashews, dates, coconut flaks and sweetened with honey

BREAD SELECTION**, UNSALTED BUTTER AND SELECTION OF SPREADS

Spreads include peanut butter, chocolate peanut butter, pumpkin seed butter, mango jam, and honey

SEASONAL FRESH FRUIT JUICES

Variety of juices including orange, guava, soursop, strawberry and papaya-lime

TEA AND BALINESE COFFEE

(fresh milk/coconut milk/almond milk)

A selection of teas including Jasmine, Green, Bonnenuit, and Rosella

FRESH MINT AND LEMON WATER

Additional breakfast choices include

Sweet Treats (One per meal)

BUTTERMILK PANCAKES (GF - V) **

Plain or topped with fresh fruit

OAT PORRIDGE (V) **

Plain or topped with fresh fruit

Eggs (One per meal)

EGG ALL STYLES (GF)

(Scrambled Tofu option)

Selection of scrambled, omelette, poached, or sunny side up

SHAKSUKA

*(tofu option) (GF - V) ***

Free range eggs baked in Middle Eastern tomato and onion sauce topped with fresh cilantro

Taste of Asia (One per meal)

NASI GORENG (GF - V)

Traditional stir-fried rice with chopped onion, mixed veggies topped with fried egg

MIE GORENG (GF - V) **

Traditional stir-fried noodles with onion, mixed veggies topped with fried egg

SAUTEED MIXED VEGETABLES (GF - V)

Selection of stir-fried broccoli – cauliflower or pokchoy

LUNCH & DINNER MENU

Soups (One per meal)

JAPANESE MISO SOUP (GF - V)

Hot miso soup with tofu, ercis, radish, and wakame seaweed

TOMATO AND CARROT SOUP (GF - V)

PUMPKIN SOUP (GF - V)

GAZPACHO SOUP (V)

VEGETABLE GREEN CURRY (GF - V)

Light Bites (Two per meal)

TOFU LARB (GF - V)

Traditional Asian mixed salad dish wrapped in Chinese cabbage

SWEET CORN FRITTERS (GF)

Deep fried sweetcorn, egg and flour

VEGETABLE GYOZA (V)

Filled with a mixture of chives, cabbage, bean sprouts, oyster mushrooms, and zucchini

SEED SUMMER ROLL (GF - V)

Fresh rice paper rolls, filled with beetroot, avocado, rice vermicelli noodles and homemade SEED sauce

PANKO SUSHI ROLL (GF - V) *

Vegetable filled sushi rice roll dipped in sesame seeds

CRISPY OYSTER MUSHROOMS (V)

VEGETABLE TEMPURA (V)

Crispy fried eggplant, carrots, zucchini, pumpkin and onion

MISO GLAZED EGGPLANT (GF - V)

Eggplant baked in a sweet miso dressing

JAPANESE GREENS (GF - V)

Fresh Asian spinach, green beans, sprinkle of sesame seeds and soy sauce

COCONUT CURRY GREEN BEANS (GF - V) *

Asian green beans stewed in a coconut curry sauce

DAL KICHADI (GF - V) *

Freshly cooked Indian style dal with rice, green soy beans, mung bean, zucchini, and broccoli



LUNCH & DINNER MENU

Salads (Two per meal)

LENTIL SALAD (GF - V)

Cooked lentils mixed with Romana lettuce, rucola, and yellow peppers top with coriander and parsley

CARROT SALAD (GF - V)

Grated carrot mixed with chopped zucchini tossed in SEED homemade sauce, soy sauce and sesame oil

QUINOA SALAD (GF - V)

Quinoa mixed with chickpeas, dill, sun flower and pumpkin seeds, tossed in SEED homemade sauce and parsley

MANGO SALAD (GF - V)

Freshly chopped mango mixed with cashew nuts, chopped chilies tossed in Asian fish sauce

POTATO SALAD (GF) *

Baby potatoes mixed with green peas, cherry tomatoes, onion, celery, and mayonnaise

MIXED SALAD (GF - V) **

Tossed green leaves in olive oil dressing

Mains (One per meal)

GADO - GADO (GF - V) *

Traditional Indonesian dish of mixed vegetables, hard-boiled egg, potato tossed in a peanut sauce

TOMATO TOFU STIR FRY (GF - V)

Stir fried tofu, tempe, tomatoes, mixed bell peppers tossed in SEED homemade sauce

PESTO PASTO (GF - V) **

Penne pasta tossed in green pesto sauce

Set Menu (This option comes stand-alone without any options of the above)

MIDDLE EASTERN PLATTER (GF - V)

Chickpea Falafel, Tahini, Hummus and Baba Ganoush alongside pita bread

* Food allergy alert

** Request-able dishes, can be prepare both in gluten free – vegan dish



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