



# FOOD MENU



ELITE HAVENS



Decadent dining to make your holiday perfect. Our highly-trained chef will be happy to customise meals to suit your palate accounting for allergies and preferences, including a tempting children's menu. Dine in and enjoy local delicacies as well as several international cuisines.

This suggested menu is subject to availability of ingredients. Seasonal fruits are provided in the villa for your consumption. Please inform your villa manager of any special food requirements or allergies.



## Healthy Living Breakfast

---

### Tangerine, Carrot or Green Juice

#### Choice of:

Tropical fresh fruit platter or fresh fruit salad

#### Choice of:

Live seed granola with cashew milk or coconut milk or zucchini hummus on almond crackers with heirloom tomato and fresh basil

#### Choice of Five Elements Teas:

Teja, Bayu, Pertiwi, Apah, Akasa or earth tea and fresh ginger tea

## Appetizers

---

### A Terrace of Avocado

Salsa of avocado layered with masala spiced tomatoes and grilled prawns topped with organic spring mix and set on red pepper coulis

### Hummus

Blend of chickpea tahini (sesame paste), lemon juice & garlic served with vegetable crudité

### Mushroom Pesto

Baked button mushrooms stuffed with green leafy pesto, set on carpaccio of beetroot and sprinkled with grated parmesan cheese





## Salads

---

### Tabbouleh

Chopped parsley, cracked wheat, tomatoes, green onions and fresh mint in extra virgin olive tossed with oil and lemon juice dressing

### Spinach Salad

Fresh baby spinach, fresh mushrooms topped with homemade bacon bits and dressed with sweet onion dressing

## Soups

---

### Asparagus Hill

Dairy-free fresh asparagus cream soup, sprinkled with silvered almond and Italian parsley

### Lentil Soup

Fabulous lentil soup infused with mustard seeds, tomatoes, coriander, garlic and shallots



## Mains

---

### Lemongrass Encrusted Medallion

Pan-fried Australian fillet of beef coated with lemongrass and fresh herb crust, served with vegetable medley, roasted potatoes and shallot wine jus

### Baked Rack of Lamb

Marinated New Zealand lamb chops with rosemary, cumin, fresh garlic and olive oil, accompanied by steamed quinoa, green asparagus and chimichurri sauce

### Taman Ahimsa Chicken Roulade

French style fried chicken breast marinated with dijon mustard stuffed with button mushrooms and cream cheese, served with sautéed potatoes and vegetables

### Poached Barramundi with Fennel

Fresh barramundi marinated with citrus juice and poached in fennel and white wine bouillon, set on carrot puree with steamed green asparagus and shrimp saffron sauce

## Vegetarian Favourites

### Spring Garden Salad

Organic spring mix, cucumber, baby tomatoes, jicama, avocado tossed with orange truffle dressing and sprinkled with spiced pumpkin seeds

### Lemon Basil Coconut Soup

Young coconut, lemon basil, zucchini, red onions, fresh garlic, ginger and coconut cream with dollop of red beet yogurt



## Desserts

---

### Apple Pie

Served with vanilla ice cream

### Tropical Sweet Crepes

Tropical fresh fruit with avocado cream fraiche wrapped in coconut crepes served with mango sorbet

### Live Tiramisu

Raw chocolate and coconut vanilla mousse layered between chocolate cakes infused with pressed Arabica coffee, set on cinnamon-honey caramelized sauce

### Strawberry Tart

Served with raspberry coulis