

HARI'S SUPER FOODS

Exotic

Marinated Olives, Heirloom Tomato, Stuffed Wine Leaves, Couscous, Hummus, Celery, Gili Garden Mint, Avocado, Pomegranate, Feta Cheese, Walnut, Molasses, Pita Bread

Local (S)

Marinated Tuna, Coconut, Onion, Tomato, Gili Garden Beach Lettuce, Chili, Sweet Potato, Local Spices, Yellow Rice, Local Pine Nut, Lime Dressing, Chappati

Spicy & Spices

Green Papaya, Fried Tofu, Gili Garden Coriander, Mint, Long Beans, Cherry Tomato, Farro, Green Curry Sauce, Peanut Bread

Roasted Veggies

Roasted Butter Squash, Bell Pepper, Carrot, Beetroot, Orange, Chickpeas, Balsamic, Garden Green Tahini, Goats Cheese, Buckwheat, Flax Bread

Greens (VG)

Marinated Avocado, Quinoa, Gili Garden Rucola, Cucumber, Celery, Broccoli, Grilled Asparagus, Sprouts, Pumpkin Seed, Garden Pesto, Sourdough Bread

25

Choice of Top

Poached Egg (2nos)

8

Chicken Satay (4nos)

12

Steamed Chicken Drumstick (2nos)

12

Steamed or Grilled Reef Fish (100gm)

12

Seared Tuna Belly (100gm)

12

Grilled Tiger Prawns (3nos)

15

Seared Beef Fillet (100gm)

20

Smoked Salmon (100gm)

18