

Indus Weekday Lunch Menu

YogaTrex Viniyoga Teacher Training

Dates: August 2 thru August 27 - Monday thru Friday only

All meals include Good Health Salad, water, fresh fruit, coffee or tea

Vegetarian nasi campur – tempe curry, urab, grilled tofu, snake beans in coconut milk, corn fritters & green papaya soup served with red rice

Nangka & Chinese squash curry – with coconut chutney, yoghurt raita, grilled flatbread & yellow rice

Balinese-style vegetarian Paella – tofu & vegetables in tomato-lime sauce on yellow rice

Buddha's delight - fresh rice noodles, shitake wood ear, oyster mushrooms, tofu, snow peas, baby corn stir fry with light soy & sesame sauce

These meals will also be served one of the extras below.

Tunisian warm salad with Mediterranean vegetables on beetroot mash with feta & chickpeas

Gado-Gado with tofu & compressed rice cake

Salt & pepper tofu salad with yellow rice.

Roasted eggplant and tofu with steamed rice

Rice paper rolls with tofu

Warm tofu and roasted beetroot salad

Roasted tomato & chilli soup with flat bread, guacamole & hummus

Extras:

Wok-fried kangkung (water spinach)

Wok fried tempe and sambal

Green amaranth with soy sprout Urab

“Cook boldly, serve your heart, and what’s empty will be filled”