



GENIUS CAFE



VISION VILLA



IMMUNE BOOSTER MEAL PLAN

FREE DELIVERY AT YOUR DOORSTEP

WHATSAPP +62 8135 3333 524

Order 1 day in advance for delivery
before 10am the next day

Jl. Pantai Masceti, Medahan, Blahbatuh, Kabupaten Gianyar, Bali 80581, Indonesia

Now it is time to bring in your diet plan. Use the Immune Booster Meal Plan to reset your body. This meal plan is designed to increase your digestive fire and deeply cleanse your body.

Leave a little from your lunch and if you feel hungry then have it with your soup at night time.

<u>DAY</u>	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
Monday	Buckwheat Pancakes with Savoury Filling	Moong Soup with Vegetables on the side (Pumpkin & Spinach)	Dal Soup
Tuesday	Buckwheat Pancakes with Savoury Filling	Moong Soup with Vegetables on the side (Pumpkin & Spinach)	Green Goddess
Wednesday	Gluten-free Cooked Porridge of your choice (sweeten with honey or organic maple syrup)	Pumpkin & Spinach Curry	Pumpkin Soup
Thursday	Gluten-free Cooked Porridge of your choice (sweeten with honey or organic maple syrup)	Kitchari with Vegetables	Carrot and Ginger Soup
Friday	Buckwheat Pancakes with Savoury Filling	Detox Green Machine	Green Goddess
Saturday	Buckwheat Pancakes with Savoury Filling	Moong Soup with Vegetables on the side (Pumpkin & Spinach)	Zucchini & Spinach Soup
Sunday	Gluten-free Cooked Porridge of your choice (sweeten with honey or organic maple syrup)	Moong Soup with Vegetables on the side (Pumpkin & Spinach)	Pumpkin Soup

MEAL PACKAGES

1 Day Meal Package: IDR 250.000++

3 Day Meal Package: IDR 750.000++

5 Day Meal Package: IDR 1.250.000++

7 Day Meal Package: IDR 1.500.000++



The Immune Booster Meal Plan is all about getting your body to thrive, in flow with your mind and spirit. It is inspired by ancient Ayurvedic tradition, as well as old recipes from the Indian Subcontinent.

You may be surprised by some ingredients you have never heard of before. This is all part of the experience - a culinary journey full of flavour, vibrant colours and holistic health.

We take the utmost care to provide the freshest, most prime ingredients for each dish. We hope you enjoy them and that you feel better after every delectable new taste. If you have any questions about the dishes or ingredients, feel free to ask us and we will be happy to help.
Selamat Makan!

● **GF = Gluten Free** ● **VG =Vegetarian**

Buckwheat Pancakes (Savoury Filling) - VG GF

Buckwheat flour + non-homogenized milk + ghee butter + spinach + roast pumpkin + avocado

Moong Dal Pancake with Coriander Chutney - VG GF

Yellow moong Dal + Adwain seed + Corriander powder + Cumin powder + Black pepper + Grated ginger

Pumpkin & Spinach Curry - VG GF

Baby Spinach + Pumpkin + Ghee + Asafetida + Himalayan Salt + Fenugreek Seeds + Fresh Ginger

Detox Green Machine - VG GF

Celery + Broccoli + Zucchini + Spinach + Onion + Garlic + Spring onions + Eggs + Cassava flour + Wild rocket + Pesto + Rahitta

Carrot & Ginger Soup - VG GF

Fresh ginger + carrot + turmeric powder + Rosemary + thyme

Dal Soup - VG GF

Yellow split moong beans + Turmeric + Coriander + Cumin + Zucchini + Coconut oil + Cumin + Fennel + Curry + Fresh coriander

Moong Soup with Vegetables - VG GF

Moong beans + Ghee butter + Asafetida + Fresh green chilies (optional) + Cumin + Coriander + Turmeric + Cinnamon + Clove + Curry leaves + Fresh ginger + Lemon juice + Dark sugar + Fresh coriander

Pumpkin Soup - VG GF

Pumpkin + Onion + Ghee + Ginger + Cinnamon + Parsley/Coriander

Genius Porridge GF (Sweeten with Honey or Organic Maple Syrup) - VG GF

Oats + Almond milk + Sultanas + Almonds + Cardamom powder + Cinnamon + Fennel powder + Ghee butter + Raw sugar





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Kitchari with Vegetables - VG GF

Basmati rice + Yellow moong dal + Pumpkin + Zucchini + Onion + Fresh ginger + Cumin + Ajwain seeds + Turmeric + Ghee butter

Green Goddess - VG GF

Broccoli + Zucchini + Peas + Button mushrooms + English Spinach + Onion + Leeks + Garlic

Zucchini & Spinach Soup - VG GF

Ghee/ Coconut oil + Brown onion + Garlic + Cumin + Coriander + Zucchini + Spinach + Yellow mung daal

ADD ONS

Vedic Falafel - 160 VG GF

Moong Bean + Grated Carrot + Coriander + Parsley + Cumin seed + Red pepper flakes + Turmeric

Cumin Rice - 65 VG GF

Basmati rice + Ghee + Whole cumin seed + Lemon zest + Salt

Ginger Rice - 65 VG GF

Basmati rice + Ghee + Whole cumin seed + Ginger + Salt

Coriander Rice - 65 VG GF

Basmati rice + Ghee + Whole cumin seed + Coriander powder + Coriander leaves + Cardamon + Clove + Star Anise + Celery + Carrot + French bean + Green peas

