

# MEDITERRANEAN

*Fusion Hot Mains*

WHOLE SOME • CONSCIOUS • NOURISHING

## LEMON BUTTER BARRAMUNDI

Pan-seared local barramundi fillet glazed with lemon butter and fresh herbs, served with roasted zucchini and cherry tomatoes.

Per 100g: 155 kcal | Protein: 19g | Fat: 8g | Carbs: 2g

Description: Light and citrusy with a delicate buttery finish — a taste of the Mediterranean coast with Bali freshness.

## HERB-GRILLED CHICKEN PROVENÇAL

Free-range chicken breast marinated in garlic, rosemary, thyme, and olive oil, grilled and served over a bed of ratatouille vegetables.

Per 100g: 170 kcal | Protein: 21g | Fat: 9g | Carbs: 3g

Description: Juicy and aromatic — classic Provençal comfort with island garden warmth.

## BEEF AND OLIVE RAGÙ

Slow-simmered grass-fed beef with green olives, tomato, and rosemary in a rich Mediterranean sauce.

Per 100g: 185 kcal | Protein: 20g | Fat: 11g | Carbs: 3g

Description: Deep, soulful flavours — a conscious twist on a traditional Italian Favorite.

## CHICKEN LEMON-CAPER SKILLET

Pan-seared chicken with lemon, capers, garlic, and a hint of coconut cream for balance.

Per 100g: 165 kcal | Protein: 22g | Fat: 8g | Carbs: 2g

Description: Bright, zesty, and satisfying — perfect harmony between Bali's lightness and Mediterranean elegance.

MARA  
THE HOUSE OF CONSCIOUS LIVING





## MEDITERRANEAN BEEF KOFTA

Grilled spiced beef patties served with a creamy garlic yogurt sauce and grilled vegetables.

Per 100g: 190 kcal | Protein: 20g | Fat: 12g | Carbs: 2g

Description: Juicy, smoky, and full of flavours — street-style soul with fine-dining finesse.

## COCONUT HERB CHICKEN STEW

Tender chicken pieces slow cooked with coconut milk, tomato, spinach, and Mediterranean herbs.

Per 100g: 175 kcal | Protein: 18g | Fat: 10g | Carbs: 3g

Description: Creamy yet light, this stew bridges Bali's tropical warmth and coastal Mediterranean aroma.

## BALI-SEA MEDITERRANEAN FISHBOWL

Grilled fish fillet with roasted red pepper, caramelized onion, olives, and fresh basil drizzle.

Per 100g: 150 kcal | Protein: 20g | Fat: 7g | Carbs: 2g

Description: Ocean freshness meets olive grove aroma — clean, modern, and deeply satisfying.

## BEEF TENDERLOIN WITH ROASTED GARLIC JUS

Grass-fed tenderloin seared in butter, topped with roasted garlic and thyme reduction, served with sautéed greens.

Per 100g: 200 kcal | Protein: 23g | Fat: 12g | Carbs: 1g

Description: Elegant and indulgent — a perfectly balanced carnivore's delight in Mediterranean fashion.

## CHICKEN AND EGGPLANT BAKE

Layers of grilled eggplant, tomato sauce, and shredded chicken baked with olive oil and vegan cheese.

Per 100g: 170 kcal | Protein: 19g | Fat: 9g | Carbs: 4g

Description: Comforting, wholesome, and full of rustic charm — a lighter version of Mediterranean lasagna.

## FISHERMAN'S MEDITERRANEAN CURRY

Local snapper and prawns simmered in coconut-tomato sauce with basil, garlic, and lemon zest.

Per 100g: 165 kcal | Protein: 19g | Fat: 8g | Carbs: 3g

Description: Coastal fusion at its best — a creamy, aromatic dish that's both nourishing and elegant.