

VEGETARIAN

Hot Fusion

GLOBAL FLAVOURS REIMAGINED WITH BALI'S NATURAL ABUNDANCE

ROASTED PUMPKIN & FETA PIE (GF)

A buttery gluten-free crust filled with roasted pumpkin, caramelized onions, feta, and fresh herbs — baked until golden. Calories: 520 | Protein: 19g | Fat: 25g

CREAMY SPINACH & RICOTTA LASAGNA (GF)

Layers of gluten-free pasta, spinach, and ricotta in a light béchamel sauce — comforting and rich without heaviness. Calories: 540 | Protein: 22g | Fat: 20g

BALINESE COCONUT VEGETABLE CURRY

Local vegetables simmered in creamy coconut milk, lemongrass, and kaffir lime — served with aromatic pandan rice. Calories: 510 | Protein: 13g | Fat: 23g

MEDITERRANEAN VEGETABLE PIE (GF)

Grilled zucchini, eggplant, tomato, and olives baked in a rustic gluten-free crust with basil and olive oil. Calories: 480 | Protein: 14g | Fat: 21g

THAI GREEN TOFU BOWL

Pan-seared tofu, broccoli, and long beans in green curry coconut sauce, served with fragrant jasmine rice. Calories: 500 | Protein: 20g | Fat: 18g

MARA

THE HOUSE OF CONSCIOUS LIVING



CREAMY BROCCOLI & CAULIFLOWER GRATIN (GF)

Oven-baked broccoli and cauliflower in a creamy cheese sauce topped with golden almond flour crumbs. Calories: 460 | Protein: 17g | Fat: 24g

EGGPLANT & TOMATO PARMIGIANA (GF)

Layered eggplant, tomato sauce, and mozzarella-style cheese baked to perfection — a plant-forward Italian comfort dish. Calories: 470 | Protein: 18g | Fat: 19g

TOFU & VEGETABLE STIR-FRY WITH GINGER LIME SAUCE

Lightly sautéed tofu with zucchini, bell peppers, and ginger-lime glaze — served with red rice or cauliflower rice. Calories: 450 | Protein: 22g | Fat: 15g

SWEET POTATO COTTAGE BAKE (GF)

Layers of mashed sweet potato, lentils, and vegetables in a gluten-free pie form — finished with creamy coconut topping. Calories: 490 | Protein: 16g | Fat: 18g

ROASTED VEGGIE & CHEESE TART (GF)

A flaky gluten-free base topped with zucchini, cherry tomatoes, spinach, and soft cheese — baked until golden brown. Calories: 500 | Protein: 20g | Fat: 22g