

ESTD 2014

HARTLAND

M E N U



BREAKFAST

AMERICAN

fresh fruit, egg any style, toast and jam

CONTINENTAL

fresh fruit, toast, and jam

**HOMEMADE GRANOLA &
YOGURT**

HOT OATMEAL

with bananas, raisins, milk & raw honey

CHOICE OF BREAD

MULTIGRAIN OR BROWN

SIDE DISHES

BACON OR SAUSAGE

EGG DISHES

OMELETTE

choice of tomato, bacon,
cheese, or vegetarian

**FRIED, SOFT OR HARDBOILED,
POACHED, SCRAMBLED**

BEVERAGES

FRESH FRUIT OR JUICE

carrot, orange, mango, pineapple, watermelon, banana, apple

HARTLAND RED HIBISCUS TEA

fresh from the garden

LIVER CLEAN SHOT

turmeric honey, lemon, cinnamon

COCONUT WATER

TEA

COFFEE



APPETIZERS

GUACAMOLE & TORTILLA CHIPS

BRUSCHETTA w/ PEPPERS & GORGONZOLA
toasted baguette, paprika, capers, onion, garlic, olive oil

BRUSCHETTA w/ MUSHROOM
same as above

RICE PAPER ROLL
with raw vegetables and salad greens

SPRING ROLL
vegetarian or chicken

VEGETABLE KOFTA
pumpkin, carrot, zucchini, cauliflower, egg, feta cheese

LARRY'S HUMMUS
garbanzo beans, tahini, paprika, garlic, and olive oil
served with pita chips

SALADS

ORGANIC SALAD GREENS & VEGETABLES, MOST FROM HARTLAND GARDENS

MIXED RAW VEGETABLES & SALAD GREENS
bean sprouts, cucumber, carrot, beet, tomato

GRILLED MIXED VEGETABLES
zucchini, carrot, onion, and other seasonal vegetables

RED RICE WITH SALAD GREENS
vegetables, feta can be added

EGG
sour cream, onion, homemade mayonnaise, dill

TUNA
onion, tomato, ground black pepper

POMELO
(RESEMBLES GRAPEFRUIT)
cilantro, mint, coconut, cashew, fried shallots, with a dressing of palm sugar, tamarind, and red chili

CAESAR SALAD
WITH OR WITHOUT CHICKEN
romaine lettuce, shaved parmesan with a dressing of egg yolk, parmesan and olive oil

COUSCOUS SALAD
with cherry tomatoes, pine nuts, fresh mint, spring onion, raisins, and red wine vinegar

PORTOBELLO MUSHROOM
on a bed of arugula (seasonal) and lemon juice dressing

SOUPS

ALL SOUPS ARE BLENDED,
UNLESS OTHERWISE NOTED

HARIRA
brown lentil, fava bean or dried chickpeas, angel hair pasta or vermicelli, onion, garlic, dried ginger, black pepper, turmeric, cumin, cayenne, saffron, cinnamon, tomato, celery leaves, cilantro

TOMATO & BASIL
served with grated parmesan on the side

PUMPKIN, GINGER, CARROT
served with crème fraiche on the side

CAULIFLOWER

MUSHROOM

ASPARAGUS (IN SEASON)

CORN SOUP (IN SEASON)

MIX VEGETABLE
potato, carrot, zucchini, onion, and garlic
with grated parmesan on the side

LEEK & POTATO (AVAILABLE NOT BLENDED)
with grated parmesan on the side

CHOICE OF DRESSINGS

BALSAMIC VINAIGRETTE

LEMON VINAIGRETTE
Dijon mustard and olive oil

HERB DRESSING
fresh basil, oregano, olive oil

RAINBOW SLAW
grated ginger, apple cider vinegar, grated garlic, dijon mustard, tamari soy, raw honey, olive oil

EXTRA TOPPINGS
walnuts, egg, feta, or parmesan cheese

ESTD 2014

HARTLAND

INDONESIAN FOOD

NASI GORENG

fried rice and egg with choice of seafood, chicken, vegetarian

MIE GORENG

fried noodle and egg with choice of seafood, chicken, vegetarian

SOTO AYAM

chicken, noodle, broth, egg, rice, bean sprout, cabbage, garlic, galangal, chili

CAP CAY

stir fried vegetable with or without meat (chicken or pork)

NASI CAMPUR

yellow/ white/brown rice with vegetable, chicken, tofu, tempe, red bean

CURRY

(CHOOSE: VEGETARIAN, BEEF, CHICKEN, PRAWN)

coconut milk, curry powder, shallot, garlic, turmeric, lime leaf served with yellow rice

SATE

choice of chicken, beef and pork served with peanut sauce

GADO GADO (VEGETARIAN)

boiled egg, fresh vegetables, tofu, tempe served with peanut sauce

RENDANG

(CHOOSE: BEEF, CHICKEN, JACKFRUIT)

coconut milk, shallots, garlic, nutmeg, chili, lemongrass, palm sugar

CHICKEN SAMBAL MATAH

grilled chicken with raw sauce of garlic, shallot, hot chili, kaffir lime, oil

CHICKEN DISHES

ROASTED CHICKEN:

W/ GARLIC, SPRING ONIONS, SOY SAUCE

W/ GARLIC BEER

W/ FRESH LEEK, PARSLEY, ONION

FISH DISHES

INDONESIAN GRILLED FISH

lemon zest, lemon juice, fresh ginger, garlic, mustard

MUSTARD ROASTED FISH

(CHOOSE: SALMON OR SNAPPER)

salt and pepper, crème fraîche, Dijon mustard, whole grain mustard, minced shallot, capers

GRILLED FISH

(CHOOSE: RED OR WHITE SNAPPER, OR TUNA)

butter sauce, butter capers, lime, salt and pepper

SIDE DISHES

SWEET TOFU *garlic, shallot, coriander seed, ginger red chili, tomato, palm sugar*

POTATOES (MASHED, BAKED, POTATO SALAD, BOILED, FRENCH FRIES)

RICE (BROWN, WHITE, OR YELLOW)

BOILED CORN

RED RICE & BEANS

TEMPE MANIS bean curd, palm sugar, onion, garlic, chili

SAMBAL shallot, garlic, chili, tomato

PAKIS (FERN) stir fried w/ garlic, shallot, red chili, tomato, oil

MORINGA curry sauce

WATER SPINACH garlic and oil



AYURVEDA FOOD

SPINACH SOUP

ghee, onion, garlic, spring onion, leek, celery, potato, vegetable stock, spinach, salt and pepper, grated coconut.

MUNG BEAN SOUP

mung bean, salt, ghee, onion, turmeric, ginger, garlic, salt, pepper.

PUMPKIN GINGER SOUP

olive oil or coconut oil, onion, garlic, ginger, pumpkin, vegetable stock, salt and pepper.

ZUCCHINI AND THYME SOUP

zucchini, thyme or oregano, ghee or oil, onion, garlic, ginger, vegetable stock, salt and pepper.

DAL

mung bean lentils, ginger, bay leaves, cinnamon stick, ghee, onion, garlic, turmeric powder, cumin, garam masala, salt, coriander leaves.

KHICHADI DAL

yellow lentil, rice or quinoa, ghee, cumin, ginger, onion, turmeric powder, carrot, green beans, tomato, salt and pepper.

GRILLED MARINATED PUMPKIN, WITH KIDNEY BEANS, BELL PEPPER, CORN AND AVOCADO PUREE.

yellow pumpkin, red kidney beans, onion, garlic, salt and pepper, coriander leaves, red bell pepper, green bell pepper, yellow bell pepper, fresh sweet corn

SERVED WITH TAHINI DRESSING

tahini paste, honey, lime juice, salt and pepper

AVOCADO PUREE

avocado, tahini dressing, lemon juice, honey, salt and pepper.

GREEN MUNG BEAN CURRY

mung beans, onion, tomatoes, cumin seeds, coriander powder, red chili powder, turmeric powder, cumin powder, coconut milk, oil, salt, coriander leaves.

LAYERED VEGETABLE (LASAGNA)

eggplants, zucchini, carrots, mixed dry herb, tofu, turmeric powder, salt and pepper, olive oil, onion, garlic, spinach, button mushrooms, tomato, thyme, oregano, basil leaves.

MUNG BEAN CURRY

yellow lentils, salt, ghee, cumin seeds, bay leaves or curry leaves, onion, ginger, coriander powder, pepper, turmeric powder, tomato, coconut milk coriander leaves.

PEPES TOFU WITH LEMONGRASS BUMBU GEDE PASTE

shallot, garlic, turmeric, ginger, galangal, lemon grass, red chili, coconut oil.

PEPES TOFU

rice noodle, tofu, bumbu gede paste, coconut oil, carrot, salt and pepper, banana leaf to wrap the pepes.

PAKIS URAB

fern, coconut, turmeric, garlic, kaffir lime leaf, juice of one slice of kaffir lime, salt.

QUINOA WITH ARUGULA-CARROT AND ZUCCHINI IN AVOCADO DRESSING

quinoa, carrot, cucumber, tomato, olive oil, juice of one lemon, arugula, salt and pepper, avocado, blended for dressing, juice of two slices of lime, zucchini, edamame.

QUINOA WITH CORN, BELL PEPPER, GUACAMOLE AND TAHINI

tahini, lemon juice, honey, salt and pepper, quinoa, fresh corn, kidney beans, red bell pepper, yellow bell peppers, green peppers, olive oil, juice of one lemon, bok choy, pumpkin seeds.

SPINACH DAL CURRY

yellow lentils, turmeric powder, salt and pepper, ghee, cumin seeds, ginger, spinach.

VEGETABLES IN GREEN CURRY SAUCE

onion, ghee, garlic, cardamom seed, green chili, fresh turmeric, lemongrass, galangal, black pepper, basil, carrot, daikon, green beans, zucchini, eggplant, kaffir lime leaves, coconut milk coriander leaves, salt.



VEGETABLE STIR-FRY WITH TOFU

ghee, onion, garlic, carrot, daikon, red and green bell pepper, tofu, broccoli, spinach, salt and pepper .

LEMONGRASS RICE

lemongrass, shallot, spring kafir lime leaf, ghee, coconut milk, cooked white rice

LEMON RICE

Rice or quinoa, ghee, mustard seeds, curry leaves or bay leaves, ginger, coriander powder, turmeric powder, pepper to taste, cumin seeds, lime or lemon juice, salt.

CHAPPATTI

organic whole wheat flour, water salt, oil or ghee

CHAPPATTI

organic whole wheat flour, water salt, oil or ghee

DESSERT

CARROT PAYASAM

carrot, ghee, palm sugar, cashew, coconut milk.

CHOCOLATE BANANA PUDDING

banana, honey, unsweetened cocoa powder, soy milk, cinnamon, coconut milk, mixed nuts.

COCONUT LIME MANGO COBBLER

mangos, palm sugar, cinnamon powder, lime juice, salt, and grated coconut.

COCONUT PUDDING

coconut water, coconut meat, coconut milk, salt, semolina, mint leaf garnish.

THAIFOOD

PAD THAI

(CHOOSE: SHRIMP, CHICKEN, VEGETARIAN)

Thai rice noodles, soy sauce, green onion, garlic, ginger, red chili, egg, roasted chopped peanuts, oil, served with sliced lime



PASTA

SPAGHETTI BOLOGNAISE (VEGETARIAN OR WITH BEEF)

butter, celery, carrot, tomato, white wine, milk, nutmeg

LARRY'S SPAGHETTI CARBONARA

grated parmesan and egg

SPAGHETTI PESTO

basil, garlic, walnut, olive oil, grated parmesan

SPAGHETTI AGLI Y OLIO

PENNE MUSHROOM CREAM

PENNE BACON & CREAM

PENNE WITH ZUCCHINI, BASIL & PARMESAN

PENNE WITH CAULIFLOWER

garlic, olive oil

PENNE WITH BROCCOLI & SLICED ALMONDS

LINGUINE

with arugula, sundried tomatoes, and ricotta

FRESH EGG PLANT PARMESAN

tomato, oregano, mozzarella
(recommended side of agli y olio)

RISOTTO (ITALIAN RICE)

choice of mushroom, zucchini, or mixed vegetables

SANDWICHES

RAW VEGETABLE SANDWICH ON TOAST

GRILLED CHICKEN SANDWICH

LASAGNA

CHOICE OF BEEF OR VEGETARIAN



PIZZA

(THIN CRISPY CRUST, WHITE AND CORN FLOUR)

TOMATO SAUCE & MOZZARELLA

ARTICHOKE & ROASTED SHALLOT

TOMATO, FETA, LEMON, SCALLION

ROASTED EGG PLANT, TOMATO, BASIL

PORTOBELLO MUSHROOM, SPRING ONION, ARUGULA

QUICHE

QUICHE LORRAINE

onion or leeks, bacon, tomato, parmesan, egg, cream

QUICHE VEGETARIAN

onion, garlic, zucchini, mushroom, egg, cream

MEXICAN FOOD

TACOS

VEGETARIAN, CHICKEN, OR BEEF

grilled soft flour tortillas served with a side of guacamole
and salsa (good with a side of red rice and beans)

QUESADILLA

grilled soft flour tortilla, melted cheddar cheese,
onion, tomato, avocado



DESSERTS

BROWNIES

CARROT CAKE

with ginger, fresh coconut, raisin, cinnamon

GAYA® GELATO

MANY VARIETIES OF FLAVORS

HOMEMADE APPLE PIE

FLOURLESS ORANGE CAKE

BLACK RICE PUDDING

CHOCOLATE MOUSSE

CHOCOLATE CAKE

CHOCOLATE CHIP COOKIES

VEGAN POWER COOKIES

deliciously healthy

BANANA/PINEAPPLE PANCAKE

with honey or palm sugar and fresh coconut

MANGO PIE (IN SEASON)

with whipped cream

- - -

LEMON PIE w/ KIWI

BEVERAGES

FRESH FRUIT OR JUICE

carrot, orange, mango, pineapple, watermelon, banana, apple

HARTLAND RED HIBISCUS TEA

fresh from the garden

LIVER CLEAN SHOT

turmeric honey, lemon, cinnamon

COCONUT WATER

TEA

COFFEE