

LAPAN WELLNESS CAFÉ

Macrobiotic, organic, vegan

SET MENU FROM 28-6-2019

A: DAILY MACRO PLATE

MONDAY

- 1 Activated brown rice with ginger
- 2 Sweet sour tempe with tomato, brinjal & cucumber
- 3 Blanched greens with seeds, ginger & Olive oil
- 4 kinpira carrots with kesom
- 5 koya tofu kushi with soy mayo
- 6 Kombu condiments with koniaku & sesame
- 7 lactic acid pickles
- 8 Soup of the day : Shoyu soup with okara, brown rice bihun and vegetables

TUESDAY

- 1 Noodles with coriander dressing
- 2 Cherry tomato pickles
- 3 Vegan cheese
- 4 Fritters
- 5 Vegan cold cuts
- 6 assorted salad with ume lime dressing
- 7 lactic acid pickles
- 8 soup of the day: Minestrone soup

WEDNESDAY

- 1 Activated brown rice with shimeiji mushroom, carrot and shoyu flavoured
- 2 Pumpkin salad

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B: DAILY WARM MACRO BOWL

Quinoa bowl, brown rice, teriyaki koya tofu, bean sprouts, long beans greens, salad sticks, seeds/nuts, pickles, coconut chips
coriander dressing
Soup of the day

TUESDAY

Noodle bowl, sweet sour tempe, tofu nuggets
salad sticks, bean sprouts, greens, seeds/nuts, pickles
wafu dressing
soup of the day

WEDNESDAY

Soba bowl, couscous, teriyaki tempe, vege croquette,
salad sticks, mixed salad, toasted coconut, wakame
chips, pickles, beet humus

- 3 Seaweed savoury kanten terrine
- 4 blanched greens with ginger and seeds or assorted salad with lemon olive oil dressing
- 5 falafel with cucumber dip
- 6 daikon steak
- 7 lactic acid pickles
- 8 soup of the day: Pumpkin lentil soup

THURSDAY

- 1 Whole wheat flat bread
- 2 dhal curry
- 3 Lactic acid coconut chutney
- 4 fried oyster mushroom
- 5 daikon sambal
- 6 sweet sour mint pickles and lettuce
- 7 lactic acid pickles
- 8 soup of the day: Moong soup

LAPAN WELLNESS CAFÉ
DAILY MACRO PLATE

FRIDAY

- 1 Activated brown rice hako sushi
- 2 Shojin Goma tofu with tamari dressing
- 3 Braised 5-energy vegetables
- 4 cabbage rolls
- 5 Arame condiments with carrot, lotus root, sesame
- 6 kahiage tempe, arame and beans
- 7 lactic acid pickles
- 8 Soup of the day: Radish shiitake miso soup

Soup of the day

THURSDAY

Brown rice vermicelli bowl/ brown rice, falafel, sweet miso dressing, pickled tomatoes, assorted salad, fritters, vegan cheese, cucumber dressing
Soup of the day

LAPAN WELLNESS CAFÉ
DAILY WARM MACRO BOWL

FRIDAY

Mamak noodle bowl, turmeric okara, vegan cold cut, assorted salad, vegetable cucur, radish sambal, nuts/seed
Soup of the day

SATURDAY

- 1 Activated coconut rice with herbs
- 2 sambal petai
- 3 Sweet potato tapai
- 4 Pineapple & herb curry
- 5 Roasted peanuts and wakame chips
- 6 Mashed potato with soy mayo and herbs
- 7 lactic acid pickles
- 8 Teriyaki seitan
- 9 Soup of the day: Kesom yuba soup

SUNDAY

- 1 Activated brown rice with lemongrass & ginger
- 2 Sweet sour yuba rolls
- 3 lactic acid acar pickles
- 4 Blanched greens with soy granules & carrots
- 5 Turmeric tofu with braised shimeiji, broccoli & wakame
- 6 shiitake steak with soy mayo
- 7 Sambal radish
- 7 Soup of the day: creamy shiitake soup

Ingredients might be substitute in the last minute as organic supplies are inconsistent

3% service charge applies

SATURDAY

Nasi lemak bowl, roasted peanuts, cucumber sticks, teriyaki seitan, radish sambal, wakame chips, coconut chips
Soup of the day

SUNDAY

Teriyaki seitan bowl, brown rice, shiitake steak, assorted salad with ume plum dressing, granola cluster, toasted coconut chips, braised garbanzo & carrot, with miso sauce
Soup of the day

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