

Zucchini pate - *vegan*

Slow-cooked light pate with an elegant taste from zucchini, carrots, tomatoes and greenery..... 140 Rs

Aubergine pate - *vegan*

Rich taste of baked aubergines stewed with sweet pepper, onion and greenery flavoured with wine vinegar and a hint of chilly. The recipe taken from Ally's Granma who used to cook it for all the family..... 140 Rs

Chickpea pate - *vegan*

Our own version of well-known Moroccan humus served with the fresh olives and extra-virgin olive oil. A very nutritious dish with proteins to increase energy and to decrease a cholesterol level..... 130 Rs

Trio pate - *vegan*

A set of zucchini, aubergine and chickpea pate. All you need is to whip up these delicious starters on your toast and enjoy it. Recommended for sharing..... 390 Rs

STARTERS

● Uncommon veggie

Draniki with crème mushroom sauce
We created these potato cutlets using traditional Belorussian recipe to disapprove that potato is simple boring food. Gently fried with the golden crust and accompanied by the aromatic cream mushroom sauce..... 220 Rs

Corn cutlets with salsa
This recipe shared with us by one of our Mexican guest Lucas and we are happy to offer you this beautiful combination of slightly sweet taste of corn served with salsa..... 240 Rs

Zucchini fritters with sauce
Zucchini enriched with dill and garlic flavour served with the sauce. The recipe shared with us by our close friend Kate from Russia who is brilliant in creating vegetarian dishes at home..... 200 Rs

● Hot startes

Bruschetta assorted

A starter consists of 4 pieces of different bruschetta, namely: salsa bruschetta and bruschetta with mashed beans and tomatoes. Recommended for 2 people..... 240 Rs
You can also order half portion..... 110 Rs

Green beans with mushrooms dressed with cashew nuts sauce - *vegan*
Lightly fried on hot pot green beans with mushrooms and onion dressed with cashew nut sauce. A traditional recipe for American Thanks giving day shared with us by our Yoga teachers..... 190 Rs

Quiche Lorraine with mushrooms
Traditional French open pie baked with mushrooms, aromatic leek, cheese and cream..... 220 Rs

Warm wheat-free quinoa salad

Freshly prepared salad with organic quinoa, crispy vegetables and thyme topped with spring onion. We created this salad inspiring by an American nutritionist Jo Lewin..... 320 Rs

Lentils salad with the baked beetroot

Original mix of nutritious lentils, stewed vegetables and baked beetroot topped with feta cheese and fresh herbs from our little garden..... 190 Rs

Roasted pumpkin salad with Thai peanut dressing - *vegan*
Exotic mix of roasted pumpkin, baked coconut, dry figs served with fresh rocket and dressed with Thai peanut sauce. Topped with roasted almond and cashew nuts. This recipe shared with us by our residential Yoga teacher Caroline from the UK..... 210 Rs

Mediterranean salad with sprouts and olives - *vegan*
We have created this salad being inspired by traveling around Greece. The idea was to improve a classical vegetable salad made from sweet peppers, tomatoes, onion and olives adding healthy sprouts. Dressed by extra-virgin olive oil..... 150 Rs

SOUPS

Minestrone

A rich taste of fresh tomatoes and seasonal vegetables topped with Parmesan and basil. Our own way of Minestrone modified from the recipe shared with us by a French chef Nicole..... 190 Rs

Cappuccino roasted pumpkin soup

Beautifully blended until smooth. Soup with a delicate taste of roasted pumpkin topped with thick cream foam. This recipe is originally from a Nepalese chef Tilinder..... 170 Rs

Cheese cauliflower soup

Chunky cauliflower simmered with carrot, onion and cheese. Topped with the boiled egg and served with croutons. Ally's best friend Sveta's recipe..... 150 Rs

SALADS

MEALS

Vegetarian lasagne

A tasty lasagne from tomatoes, zucchini and a mixture of herbs from our little garden. This recipe shared with us by our Italian friend Betty..... 350 Rs

Rague - *vegan*

This is a bright mix of fresh seasonal vegetables cooked very slowly over low heat creating a richly layered coriander flavour. We have been inspired by this dish in a little home café travelling around South of France..... 310 Rs

Piquant pumpkin stewed with chickpea - *vegan*

Our own creation dish where we enriched a delicate taste of stewed pumpkin with the original taste of traditional Indian spices and nutritious chickpea. Topped with fried bananas..... 290 Rs

Spinach-mushroom pasta

Fettuccini cooked with onion, mushrooms, spinach in a light creame sauce as a great alternative of Carbonara..... 310 Rs

Rocket pesto pasta

A non-trivial version of a traditional pesto cooked with rocket, walnuts and extra-virgin olive oil..... 310 Rs

Lohanorizo - *vegan*

Traditional Greek dish made from crispy cabbage simmered with Goan rice, carrot, onion and fresh blended tomatoes served with sliced lime. This recipe shared with us by the owner a small Crete family tavern Nicos..... 320 Rs

Cabbage rolls - *vegan*

This is a fusion of an Indian and Ukrainian cuisines. A traditional Indian Dhal rolled in cabbage leaves and cooked on steam topped with freshly prepared vegetables in tomato juice..... 300 Rs

Vegetable biryani - *vegan*

This is a traditional Indian main course which includes seasonal chopped vegetables, spices, saffron and dry fruits. Served in a mud pot preserving aromatic gravy, garnish with ginger, mint, coriander and golden fried onion. Shared with us by Ciarans chef Shekar..... 320 Rs

Cauliflower Caldeen

Coconut ground with coriander and mild spices to fine paste, cooked with cauliflower florets. Served with cumin rice or steam rice. Shared with us by our Goan friend Petu..... 290 Rs



BREAKFAST

• Crepes and pancakes

Crepes
3 freshly cooked traditional French crepes served with honey and condensed milk..... **100 Rs**

Pumpkin pancakes
2 pancakes with a delicate crème taste served with homemade organic jam. *Great choice for those who have sweet tooth but want to stay healthy.*..... **120 Rs**

• Porridges

Oat porridge 'Gift to your stomach'
Freshly prepared porridge served with sliced banana and honey. *It is a very good beginning of the day.*..... **90 Rs**

Rice porridge 'Taste of childhood'
Our variation of a traditional Scandinavian rice pudding made from a Goan rice, mixed with apples, raisins and cinnamon..... **110 Rs**

• Fruit & salads

Vitamin salad - *vegan*
Colourful salad made from fresh pumpkin, carrot, apple and orange dressed with citrus or cashew nut sauce. *This salad will definitely increase your positive feelings.*..... **70 Rs**

Tropical fruit salad - *vegan*
A bright mix of seasonal tropical fruits such as pineapples, papaya, banana and watermelon dusted with peanuts, honey and fresh coconut *from the palm trees around your favourite Galgibag beach.*..... **80 Rs**

• Eggs of your choice

Fried eggs with accomponements
cheese, leek, tomatoes, pepper, mushrooms..... **90 Rs**
One accompliment is included and you can choose any extra just per..... 30 Rs

Baked cheese vegetable omlette
A tender home made omlette baked with leek, sweet pepper, mushrooms and cheese..... **80 Rs**

Baked eggs on spinash
Creative version of the spinash omlette dressed with aroma herbs from our little garden shared by our British friend Anna..... **110 Rs**

Eggs benedict on a potato fritter
Decoded version of eggs benedict by Ally's team served on a potato fritter with a crispy golden crust topped with *hollandaise sauce*..... **120 Rs**

DESSERTS

Raw orange-lime cheesecake - *vegan*
Delicious and nutritious alternative of a cheesecake, made with cashews, oranges, lime, banana, dry apricots, dates and walnuts..... **180 Rs**

Plum cake with red wine sauce
A sponge cake covered with fleshy baked plums and flavoured with cinnamon. Served with our red wine sauce. *A heart warming dish from our Granma's home.*..... **190 Rs**

'Chudo' cake
A rich creamy taste of honey-nut layered cake. *This is Sveta's recipe who is a co-architect of this menu.*..... **220 Rs**

Chocolate coffee cup dessert
A very decadent dish, a must for chocoholics. The main feature of this dessert is a clash of hot dark chocolate and cold Chantilly cream. *Our signature dessert.*..... **150 Rs**

Boozy baked plums
Plums soaked in red wine and baked. Topped with vanilla ice-cream and our red wine sauce. Served warm..... **230 Rs**

Banana-prunes muss - *vegan*
A healthy full of vitamin mousse made from local bananas, oranges and prunes. Finished with chopped dry apricots and nuts. *A great choice for those who want to eat sweet and stay fit.*..... **130 Rs**

