



Fiji . . . Untouched

Sample Healthy Menus

Breakfast

Homemade Matava Muesli

Deliciously crunchy with oats, seeds, nuts, and dried fruit served with homemade creamy Greek yoghurt and organic tropical fruits

Marvelous Eggs

A new take on scrambled eggs with tomatoes, greens & nuts

Lunch

Hearty Vietnamese Chicken Soup

A bowl full of crispy organic vegetables in chicken broth, finished with the zing of tropical lime & coriander

Roasted Almond And Papaya Green Salad

Farm fresh organic greens & papaya, toasted almonds and buckwheat seed tossed in a fresh honey balsamic dressing

Dinner

Appetizers

Baba Ganoush

Smoky flavoured eggplant (aubergine) dip with crispy flatbread, dukkah & olive oil

Chicken Rice Paper Dumplings

Asian-inspired dumplings, light & tasty with a fresh ginger dipping sauce

Entrée

Greek Style Lamb Skewers with Tzatziki & Salad

Tender lamb kebabs served alongside tzatziki made from cashew & coconuts with a kidney bean tabbouleh

South Pacific Sesame Seared Tuna

Sesame crusted freshly caught Ahi Tuna drizzled with a homemade reduction on a bed of gluten free pea noodles with grilled al dente organic vegetables

Dessert

Silky Chocolate Truffles

Ginger infused truffles with sunflower seeds, maple syrup & organic Matava honey