



POINCIANA SEASIDE RESORT & RETREAT CENTRE

Longevity Menu

*A seven-day retreat menu designed
around anti-inflammatory and longevity
principles*

TEJAKULA · NORTH BALI

Simple food, prepared with care, eaten slowly.

A slower rhythm

At Poinciana, food is part of the retreat experience.

This menu follows a slower rhythm. Steady energy through the day, light digestion, and good recovery after practice.

The dishes are built around vegetables, whole grains, local catch of the day, eggs, tofu, tempeh, lentils, herbs and fresh tropical ingredients. It is naturally gluten-free, dairy-free and refined sugar-free, with no white rice, no red meat and no heavy frying.

It is not a medical protocol. It is a simpler, cleaner way of eating during a retreat, rooted in the flavours of North Bali.

Simple food, prepared with care, eaten slowly.

Naturally clean

Gluten-free, dairy-free and refined sugar-free by design.

Rooted locally

Local catch, rice, herbs, spices and tropical ingredients.

Retreat rhythm

Light enough for practice, complete enough for nourishment.



Day *One*



the week begins

MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Tejakula Morning Bowl

Chia, flaxseed, coconut cream, apple, papaya, pumpkin seeds, eggs and greens.

BEFORE LUNCH

Garden Starter

Cucumber, carrot and beetroot with lime, ginger and toasted sesame.

LUNCH

Tempeh Ragù Bowl

Whole grain rice, tempeh, tomato, turmeric, ginger, kemangi and green vegetables.

EXTRACT

Green Field Extract

Cucumber, spinach, beetroot, ginger and lime.

AFTERNOON

Rosella Pause

Rosella herbal tea, served unsweetened.

BEFORE DINNER

Fresh Greens Starter

Raw greens, cucumber and carrot with lime, ginger and sesame.

DINNER

Banana Leaf Catch

Local catch of the day with Balinese spices, sambal matah and greens.

EVENING TEA

Ginger Lemongrass Tea

Warm ginger and lemongrass infusion, served unsweetened.





Day *Two*

MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Sweet Potato Sunrise

Sweet potato, spinach, turmeric, ginger, eggs, avocado, moringa and papaya-lime.

BEFORE LUNCH

Crunch Starter

Cucumber, cabbage and carrot with lime and pumpkin seeds.

BROTH

Poinciana Broth

White miso broth with soft tofu, spring onion and wakame when available.

LUNCH

Garden Gado-Gado

Steamed vegetables, tofu, tempeh, egg and light peanut-lime-turmeric sauce.

EXTRACT

Root & Lime Extract

Carrot, beetroot, spinach, ginger and lime.

AFTERNOON

Kombucha Pause

House-made or locally sourced kombucha, served chilled.

BEFORE DINNER

Kemangi Greens

Green salad with cucumber, kemangi, lime and sesame.

DINNER

Gentle Soto Broth

Turmeric and ginger chicken broth with egg, leafy greens and steamed vegetables.

EVENING TEA

Rosella Evening Tea

Rosella herbal tea, served unsweetened.





Day *Three*

MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Spiced Apple Chia Bowl

Chia, flaxseed, apple, coconut cream, cinnamon, toasted coconut and cashew.

BEFORE LUNCH

Leaf & Seed Starter

Spinach, cucumber and carrot with lime and flaxseed dressing.

LUNCH

Red Lentil Bowl

Red split lentils, pumpkin, spinach, green beans, turmeric and whole grain rice.

EXTRACT

Papaya Green Extract

Cucumber, spinach, papaya, ginger and lime.

AFTERNOON

Cacao Date Bite

Small cacao and date bite, served with herbal tea.

BEFORE DINNER

Root Garden Starter

Cucumber, beetroot and carrot with lime and sesame.

DINNER

North Shore Catch

Grilled local catch of the day with sambal matah, greens and sweet potato.

EVENING TEA

Lemongrass Ginger Tea

Warm lemongrass and ginger infusion, served unsweetened.



Day *Four*



MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

North Bali Green Bowl

Spinach, moringa, coconut cream, chia, flaxseed, pumpkin seeds, lime and egg.

BEFORE LUNCH

Garden Crunch Starter

Cucumber, carrot and cabbage with lime and ginger dressing.

LUNCH

Light Ginger Cap Cay

Chicken or tofu with wok-steamed vegetables, ginger-turmeric sauce and whole grain rice.

EXTRACT

Golden Root Extract

Carrot, cucumber, turmeric, ginger and lime.

AFTERNOON

Kombucha Pause

House-made or locally sourced kombucha, served chilled.

BEFORE DINNER

Fresh Kemangi Starter

Raw greens, cucumber and kemangi with lime-sesame dressing.

DINNER

Sea Garden Nasi Goreng

Whole grain rice with vegetables, egg, tofu or tempeh, turmeric and ginger.

EVENING TEA

Rosella Evening Tea

Rosella herbal tea, served unsweetened.



Day *Five*



MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Tropical Chia Bowl

Chia, flaxseed, coconut cream, papaya, lime, pumpkin seeds, mango and greens.

BEFORE LUNCH

Garden Starter

Cucumber, carrot and beetroot with lime, ginger and toasted sesame.

BROTH

Poinciana Broth

White miso broth with soft tofu, spring onion and wakame when available.

LUNCH

Coconut Curry Bowl

Tempeh or tofu with vegetables, turmeric, ginger, coconut cream and whole grain rice.

EXTRACT

Moringa Lime Extract

Carrot, cucumber, moringa, ginger and lime.

AFTERNOON

Coconut Pause

Coconut water or herbal tea, served without sweetener.

BEFORE DINNER

Zucchini Greens

Raw zucchini, cucumber and greens with lime-ginger dressing.

DINNER

Zucchini Garden Catch

Zucchini stack with local catch of the day or warm tofu and greens.

EVENING TEA

Ginger Lemongrass Tea

Warm ginger and lemongrass infusion, served unsweetened.



Day *Six*



MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Avocado Morning Plate

Avocado, poached eggs, moringa greens, tomato-lime salsa and coconut chia.

BEFORE LUNCH

Seeded Greens

Raw greens, cucumber and carrot with pumpkin seeds and lime dressing.

LUNCH

Turmeric Satay Plate

Chicken or tofu satay with peanut-lime sauce, vegetables, greens and whole grain rice.

EXTRACT

Beetroot Lime Extract

Carrot, beetroot, spinach, ginger and lime.

AFTERNOON

Coconut Cacao Bite

Small coconut, cacao and date bite, served with herbal tea.

BEFORE DINNER

Kemangi Greens

Green salad with cucumber, kemangi, lime and sesame.

DINNER

Grounding Lentil Soup

Red split lentil and pumpkin soup with turmeric, ginger, egg and greens.

EVENING TEA

Rosella Evening Tea

Rosella herbal tea, served unsweetened.



Day *Seven*



in full bloom

MORNING RITUAL

Morning Ritual

Warm water with fresh lime, served with an optional daily probiotic.

BREAKFAST

Island Rice Bowl

Whole grain rice with egg, greens, turmeric, ginger, vegetables and papaya-lime.

BEFORE LUNCH

Root & Lime Salad

Raw greens, cucumber and beetroot with lime and flaxseed.

BROTH

Poinciana Broth

White miso broth with soft tofu, spring onion and wakame when available.

LUNCH

Jungle Harvest Bowl

Mixed greens, zucchini noodles, tofu or tempeh, tahini-lime and cashew.

EXTRACT

Green Garden Extract

Cucumber, spinach, ginger and lime.

AFTERNOON

Kombucha Pause

House-made or locally sourced kombucha, served chilled.

BEFORE DINNER

Fresh Kemangi Leaf

Cucumber, carrot, kemangi, lime and sesame.

DINNER

North Bali Coconut Curry

Tofu or local catch of the day with vegetables, coconut cream and whole grain rice.

EVENING TEA

Warm Ginger Tea

Warm ginger infusion, served unsweetened.



Menu principles

Naturally gluten-free, dairy-free and refined sugar-free.

No white rice, no red meat and no heavy frying.

Built around vegetables, whole grains, herbs, spices and fresh ingredients.

Sweet elements are limited, date-sweetened and served only in small portions during the day.

Kombucha is served on selected afternoons only.

Local catch of the day changes according to freshness and availability.

Retreat rhythm, not restriction

This menu is designed for retreat rhythm, not restriction. Light enough for practice, complete enough for nourishment, and rooted in the natural flavours of North Bali.

A NOTE FOR GUESTS WITH ALLERGIES

This menu is designed to be gluten-free, dairy-free and refined sugar-free. Our kitchen is not a certified allergen-free environment. We cannot guarantee the absence of cross-contamination. Guests with coeliac disease or severe allergies are advised accordingly.