

ALL DAY BREAKFAST

VEGAN



Seasonal Fruit Salad 60k

Banana, dragon fruit, papaya, pineapple, strawberries, passion fruit & mango. Served with a side of vegan yogurt & chia seeds infused with coconut cream.



Avocado Mushroom Ecrase 80k

Guacamole, mushrooms & tomato salsa salad. Choice of gluten-free toast, hash brown, or quinoa patty.



Spinach Avocado Toast 80k

Gluten-free bread, topped with avocado & sautéed spinach, roasted tomato, vegan hollandaise, garnished with dukkah & seasonal greens.



Avocado Toast 65k

Sliced avocado on gluten-free toast, garnished with dukkah & seasonal greens.



Vegan Grecian Omelet 70k

Grecian goodness: olives, bell peppers, tomato, spinach & onion. Rolled in a light & fluffy chickpea omelet.

Recommended with Vegan Hollandaise or Pesto.



Vegan Mediterranean Omelet 80k

Vegan herbed feta, artichoke, capers, olives, tomato, spinach & bell peppers. Rolled in a light & fluffy chickpea omelet.

Recommended with Vegan Hollandaise or Pesto.



Vegan Pumpkin Omelet 75k

Roasted pumpkin, spinach & scrambled tofu. Rolled in a light & fluffy chickpea omelet.

Recommended with Vegan Hollandaise or Vegan coconut yogurt dip.



Vegan Mushroom Omelet 80k

A scrumptious filling of scrambled tofu, sautéed mushrooms, spinach & grilled eggplant. Rolled in a light & fluffy chickpea omelet.

Recommended with Vegan Hollandaise or Tomato Ketchup.

VEGETARIAN



Potato Rösti Stack 90k

Two potato rosti, topped with two poached eggs and drizzled in vegan hollandaise sauce. Served on a bed of sautéed spinach and topped with layers of smoked vegan bacon.



Spinach Avocado Egg 85k

Gluten-free toast topped with avocado & spinach, poached eggs, roasted tomato, vegan hollandaise sauce & garnished with dukkah & seasonal greens.



Grecian Omelet 75k

Grecian goodness: olives, feta, bell peppers, tomato, onion & spinach, encased in a delicate 3 egg omelet.



Mediterranean Omelet 85k

Artichoke, capers, olives, feta, tomato, spinach & bell peppers, encased in a delicate 3 egg omelet.



Roasted Pumpkin Omelet 85k

Rolled omelet filled with soft roasted pumpkin, tomato, spinach & vegan hollandaise, encased in a delicate 3 egg omelet.



Any Style Eggs 65k

Your choice of eggs scrambled, poached, boiled or fried. Choice of gluten-free toast, hash brown or quinoa patty.



Paradise Pancakes 75k

Classic pair of almond-meal pancakes with tropical fruit salad. Choice of honey, dark chocolate sauce, or fresh coconut cream.

SANDWICHES

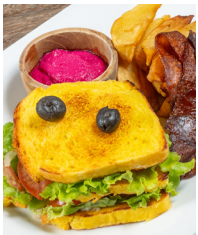
All made with gluten-free bread.



Falafel Club Sandwich 95k

Beetroot hummus, vegan mayonnaise, crispy lettuce, tomato, avocado, onion. Served with a side of vegan coconut bacon and crispy potato wedges or crispy french fries, and vegan mayo.

+1 dip of your choice



B.L.A.T Toasted Sandwich 95k

Crispy lettuce, avocado, tomato, vegan mayonnaise, vegan coconut bacon. Served with crispy potato wedges or crispy french fries, and vegan mayo.

+1 dip of your choice



Open Sandwich 95k

Fluffy scrambled tofu, crispy lettuce, avocado, tomato & hash brown, vegan coconut bacon. BBQ sauce on gluten-free bread, served with a side salad.

+1 dip of your choice



Vegan Club Sandwich 95k

Grilled tempe & tofu, lettuce, tomato, avocado, onion. Served with a side of vegan coconut bacon and crispy potato wedges or crispy french fries, and vegan mayo.

+1 dip of your choice

WRAPS

A soft & light gluten-free wrap.



Falafel Club Wrap 90k

Beetroot hummus, vegan mayonnaise, crispy lettuce, tomato, avocado, onion. Served with a side of vegan coconut bacon, crispy potato wedges or crispy french fries, vegan mayo, and ketchup.



Hearty Wrap 85k

Choice of vegan sausage, tempe or sesame-encrusted tofu. Fresh lettuce & rocket, avocado, bell peppers, cucumber, tomato & jicama julienne. Served with a side of crispy potato wedges or crispy french fries and vegan mayo.

+1 dip of your choice (we recommend Mango chutney or Tangy tahini)

Our homemade and vegan dips

Vegan coconut yogurt | Vegan hollandaise | Tangy tahini | Mild mango chutney | Pesto | Mustard
Tartare sauce | Chili sauce | BBQ sauce | Tomato ketchup | Vegan mayo

VEGAN MAINS



Moringa Soup 75k
Moringa leaves in a traditional balinese broth of shallot, turmeric, galangal, ginger, lemongrass, garlic & fresh chili.



Vegan Laksa Soup 85k
Japanese tofu & tempe, zucchini & cucumber noodles, edamame, roasted pumpkin, green beans, bean sprouts & coriander.



Pumpkin Soup 75k
A healthy blend of farm fresh pumpkin, sweet corn, carrot, mushroom & onion. Choice of gluten-free toast or a traditional hash-brown.



Broccoli Green Soup 75k
A healthy blend of farm fresh broccoli, zucchini, leek, green peas, button mushrooms & garlic. Choice of gluten-free toast or a traditional hash-brown.



Morocco Bowl 105k
Quinoa, with chickpeas, roasted pumpkin, fattoush salad with cucumber, bell peppers & onion & dates. Served with vegan yogurt dressing & mango chutney.



Buddha Bowl 100k
Encrusted sesame seed seared tofu, edamame, wakame salad, avocado, ginger pickle, daikon radish, cherry tomatoes & carrot with Japanese dressing.



Flourish Bowl 95k
Falafel with broccoli, roasted pumpkin, avocado & apple on a crisp romaine lettuce, all sprinkled with sliced almonds, beetroot, almonds, vegan coconut yogurt dip, & beetroot hummus.



Vegan Fish Sensation 115k
Vegan fish made of mushroom topped with nori, with a salad of avocado, cherry tomatoes, capers, artichoke heart, carrot, radish chili, red onion & dill.

CREATE YOUR OWN BOWL

Tempting Delights

Scrambled tofu	30k
Hearty vegan sausage	25k
Smoked coconut vegan bacon	20k

Veggies

Avocado sprinkled with sesame	30k
Grilled eggplant	20k
Sautéed spinach	25k
Sautéed mushrooms	35k
Caramelized onion	20k
Steamed Greens	20k

Flavorful Additions

Falafel (3 pieces)	40k
Quinoa patty	25k
Crispy hash brown	20k
Potato rösti with vegan feta	30k

Protein

1 Egg (poached, boiled, fried, or scrambled)	15k
Tempe and/or Tofu	25k
Chicken	50k
Tuna Fillet	65k
Salmon Fillet	100k



DIPS & SAUCES

Homemade Vegan Dips 15k

Vegan mayo
Vegan coconut yogurt
Vegan hollandaise
Tangy tahini
Mild mango chutney
Pesto
Mustard
Tartare sauce
Chili sauce
BBQ sauce
Tomato ketchup

Vegan Sauce 15k

Teriyaki sauce
Sweet & sour sauce
Pepper sauce

Hummus & Sambal 20k

Original hummus
Beetroot hummus
Fresh Sambal Matah (a Balinese favorite with added sprouts)

SIDE DISHES

Mashed Potato 30k

Mashed potato
Mashed sweet potato

Crispy Potato 60k

<i>Served with vegan mayo & ketchup (dips can be changed)</i>
Crispy potato chunks
Crispy potato fries
Crispy potato wedges

Toast & Wrap 15k

1 Slice gluten-free toast
1 Gluten-free tortilla wrap

Rice 15k

White rice
Red rice
Yellow rice

Salad 45k

Salad with vegan yoghurt dressing
Salad with soy, ginger & lime dressing

MAIN COURSE

1. Choose Plate or Stir-fry Flavours

PLATE



Provençale

A richly flavoured ratatouille: eggplant, zucchini, bell pepper, tomato, onion, garlic & herbs.



Springtime

Soy ginger & lime dressing, over springtime salad: fresh dill, artichoke heart, capers, avocado, cherry tomato, carrot, red onion & chili.



Mango Salsa

Mango, red onion, wild rocket, coriander, chili & lime. Side of stir-fried broccoli, cauliflower & carrot. Garnished with balsamic glaze.



Sambal Matah

Traditional balinese speciality Shallot, beansprouts, eggplant, lemongrass, lime kaffir leaves, ginger, red chili & green chili.

STIR-FRY



Teriyaki Stir-Fry

Button mushrooms, carrot, cauliflower, red & yellow paprika, broccoli, snow peas, baby corn & natural homemade teriyaki sauce.



Sweet & Sour Stir-Fry

Carrot, tomato, pineapple, broccoli, snow peas, button mushroom, baby corn, bamboo shoot, & natural homemade sweet & sour sauce.



Pepper Sauce Stir-Fry

Carrot, green, yellow & red bell peppers, zucchini, broccoli, onion and natural homemade Asian pepper sauce.

+

2. Add your protein

Tempe and/or Tofu	90k
Chicken Breast	100k
Tuna	130k
Salmon	160k

+

3. Finalise with your side

Red, White, Or Balinese Yellow Rice
Mashed Potato (Vegan)
Mashed Sweet Potato (Vegan)
Salad with Vegan Yogurt Dressing
Salad with Soy, Ginger & Lime Dressing

Like it spicy? Ask for our homemade chili sauce.

ASIAN DISHES

1. Choose your dish



Nourishing Earthly Vegetable Bowl (Capcay)
Farm fresh cauliflower, wood ear mushroom, broccoli, cabbage, carrot, bok choy & onion in a flavorsome light soupy broth.



Gourmet Wok Tossed Nasi Goreng
Lightly wok-tossed fried rice with gourmet seasonal farm-fresh vegetables, topped with a fried egg.
**Vegan option available, without egg.*



Homemade Laksa Soup
Flat rice noodles, farm fresh edamame, roasted pumpkin, green beans, bean sprouts & coriander.



Gourmet Wok Tossed Mie Goreng
Flat rice noodles (gluten-free) lightly wok-tossed with gourmet seasonal farm-fresh vegetables and topped with a fried egg.
**Vegan option available, without egg.*

+

2. Add your protein

Tempe and/or Tofu	80k
Chicken Breast	80k
Tuna	110k
Salmon	150k

KIDS' MENU



Gourmet Nasi Goreng (Tofu or Chicken) **60k**

Fried rice with bok choy, broccoli, cabbage, carrot, tossed with egg. Choice of protein: Chicken or tofu.
Vegan option available, without egg.



Delicious Dori Fish & Chips **60k**

Fresh battered dori with funky fried potato chips. Served with homemade tomato ketchup and vegan mayo.



Funky Fried Potato Chips **40k**

Potato chips fried to crispy perfection, lightly topped with himalayan salt & rosemary. Served with homemade tomato ketchup and vegan mayo.



Pancakes with Vegan Vanilla Ice Cream **60k**

Two sweet, kid-sized, almond-meal pancakes, served with a scoop of our homemade vegan vanilla ice cream. With choice of honey, dark chocolate sauce, or fresh coconut cream.

DESSERTS

VEGETARIAN & GF



Mango Passion Cheesecake 50k
A tandem of tart passion fruit & sweet mango on a lemon-honey cashew cream & crispy almond crust.
Sugar free and dairy free



Strawberry Royal Cheesecake 50k
Delicate cashew-honey-lemon cheesecake on a crunchy almond base topped with strawberry jelly.
Sugar free and dairy free



Pancakes with Vegan Vanilla Ice Cream 75k
Two sweet almond-meal pancakes, served with a scoop of our homemade vegan vanilla ice. With choice of honey, dark chocolate sauce, or fresh coconut cream.
Dairy free

VEGAN & GF



Raw Love Carrot Cake 50k
A moist fruity affair with lemon & vanilla frosting. Made with walnut, almond, coconut, dates, zests & tropical spices.



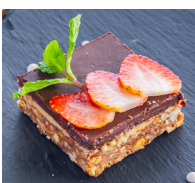
Chocolate Crackle 50k
A layer of soft dark nutty chocolate on a crispy base. Organic chocolate paste, walnuts, almonds, coconut & vanilla.



Chocolate Peanut Butter Crisp 45k
Indulgent treat of dark chocolate with homemade peanut-butter filling. Made with organic raw cacao, cashews, dates, coconut & vanilla.



Crispy Almond Butter Delight 55k
A lavish square of homemade roasted almond butter on a crisp nutty base, all topped with fine chocolate. Made with organic raw cacao, dates, coconut & vanilla.



Cashew Butter Crunch 55k
A smooth filling of homemade cashew butter on a crunchy base, With a topping of dark chocolate. Made with organic raw cacao, almond, dates, coconut & vanilla.



Paleo Love Heart 35k
A healthy, protein-packed superfood: Sunflower, pumpkin, and flax seeds blended and enriched with cranberries and dates, dipped in a luxurious layer of natural organic cacao powder and cacao butter.



Chia Protein Jar 55k
Delicious & nutrient-packed: Organic chia seeds with almonds, walnuts, dates, pumpkin seeds, goji berries, cranberries, bananas, strawberries, blueberries, and rich in Omega-3.



Tropical Fruit Salad & Vanilla Vegan Ice cream 80k
Served with fresh coconut cream. Seasonal fruits: dragon fruit, mango, papaya, pineapple, strawberries, banana & passion fruit.

**Love an extra Dark Chocolate sauce? – 15k*

SMOOTHIES + JUICES



FROZEN SMOOTHIE JAR 80K

Coconut cream & coconut-cream-infused chia seeds, almonds, walnuts, pumpkin seeds & a seasonal fruit garnish. Available in 3 delicious flavors:

APPLE PIE

Green apple, banana, cinnamon & vanilla

BLUEBERRY BLISS

A blissful blueberry banana smoothie

GORGEOUS GREENS

Spirulina, mango, pineapple, spinach & mint



Bali Sunrise

FROZEN SMOOTHIES 50K

BALI SUNRISE

A smooth tropical combo of papaya, mango, banana, dragon fruit and fresh coconut water.

STRAWBERRY GLORY

Strawberries, banana & homemade coconut milk

FUNKY MONKEY

Banana, cashew nuts, organic raw cacao, & homemade coconut milk

GREEN SMOOTHIE

Spirulina, mango, pineapple, spinach, mint, & homemade coconut milk



Blood Cleanser Juice

COLD-PRESSED JUICES 45K

GREEN POWER

Celery, cucumber, apple, ginger, mint, parsley & lime

BOOSTER JUICE

Orange, spinach, pineapple, jicama, ginger, turmeric & lime

BLOOD CLEANSER JUICE

Beetroot, carrot, pineapple, jicama, ginger, turmeric & lime

A.B.C. JUICE

Apple, beetroot, carrot & lime

REFRESHER

Watermelon, apple & mint

AWAKENING

Orange, pineapple & ginger

JAMU IMMUNE WONDER

Ginger, turmeric, tamarind & lime

PINK DELIGHT

A blend of dragon fruit & coconut water

BEVERAGES

COFFEE



Cappuccino

	Hot	Iced
Cappuccino	40k	45k
Latte	40k	45k
Mocha	40k	45k
Americano	30k	40k
Flat White	40k	
Long Black	35k	
Piccolo Latte	35k	
Macchiato (1 Shot)	30k	
Single Espresso	25k	
Double Espresso	35k	
Bali Coffee	20k	
Make it Decaf	+15k	

MATCHA & TEA



MATCHA

Matcha, a vibrant green tea powder from Japan. With your choice of milk.

	Hot	Iced
Matcha Latte	45k	50k
Flat White Matcha	45k	50k



SPICED CHAI TEA

Cinnamon stick, selected muddled spice, black tea, infused with your choice of milk.

	Hot	Iced
Spiced Chai	40k	45k



Hot Tea Pot

HOT TEA POT

English Breakfast
Peppermint
Earl Grey
Ginger & lime
Black tea

40K

ICED TEA

Iced Ginger & Lime
Iced Black Tea

35K

REFRESHERS

Sparkling Water	25k
Whole Fresh Coconut	35k

Choice of Milk

Fresh Cow Milk
Almond Milk (+15k)
Cashew Milk (+15k)
Coconut Milk (+15k)
Organic Soy Milk (+15k)

All of our vegan milk is homemade, crafted fresh daily.

CHOCOLATE & CACAO



CHOCOLATE

Raw cacao harmoniously mingled, with your choice of milk.

	Hot	Iced
Chocolate	40k	45k



RAW ORGANIC CACAO

Hot cacao ceremony with dates, coconut milk, almond milk, infused with spices. Topped with fresh coconut cream.

45K