



BREAKFAST

Until 3pm

TROPIC THUNDER 35

VGN GF DF NF RSF RAW

a selection of fresh tropical fruits with shredded toasted coconut and fresh lime

Add Plain Yoghurt ++5

Add Coconut Yoghurt ++7

GINGER PAPAYA CHIA PUDDING 55

VGN GF DF NF RSF RAW

a creamy coconut milk, ginger & vanilla chia pudding topped with strawberry, papaya & lime blueberries, toasted coconut & lime zest

GA GA 4 GRANOLA 55

VGN RSF NF

our house-made granola served with seasonal fruit, goji berries, pepitas & plain yoghurt. For DF or VGN swap out the plain yoghurt for our house-made Coconut Yoghurt ++2

TOASTED BANANA BREAD 45

V DF RSF

with sliced fresh banana, honey & whipped coconut cream

HOUSE-MADE CRUMPETS

(our crumpets contain both butter & milk)

YOUR CHOICE:

MADU 35

with butter & honey

NANAS 55

topped with caramelised pineapple, passionfruit, coconut flakes, coconut cream whip & coconut nectar

PISANG 55

topped with grilled banana, toasted walnuts, cinnamon butter & honey

SALMON 85

with goat's chevre, roasted beetroot, pickled cucumber, capers, dill & zest

CREPES 45

V NF RSF

Classic thin pancakes topped with : butter, lime & coconut sugar OR banana, dark chocolate & shredded coconut

AVO NICE DAY (Seasonal) 55

VGN DF RSF

smashed avocado on our house-made power loaf, topped with mung sprouts, chilli, black sesame & lime zest., Served with sautéed cherry tomatoes.

We have loads of awesome items to add to any of these dishes. Check out the EXTRAS section on the Lunch & Dinner page

JUST A LITTLE CORNY 55

V DF GF RSF

corn fritters with salad greens, cucumber noodles, sprouts, fresh herbs, lime & Balinese sambal matar

FRIJOLES 60

V DF GF RSF

home-style spicy baked beans served with slow-cooked eggs, sautéed local greens, and a sprinkling of dukkah

V Vegetarian **GF** Gluten Free **NF** NutFree

VGN Vegan **DF** Dairy Free **RAW** Raw

RFS Refined Sugar Free s

We use organic ingredients wherever possible, and cook all of our food with lots of love



EGGS

Slow-Cooked Eggs are a traditional Japanese method of cooking eggs in a water bath at 64 degrees for 60 minutes, resulting in silky whites and custardy yolks

EASY GOING EGGS

V DF RSF

served on white toast with our house-made breakfast chutney

choose your style:

scrambled	60
fried	55
or slow-cooked eggs	55

BREAKFAST BURRITO 70

V RSF

Scrambled, sautéed local greens, cherry tomatoes & mushrooms wrapped up in a soft wheat tortilla served with house-made chutney

BIG BREAKFAST 70

V GF DF RSF

sautéed cherry tomatoes, mushrooms & local greens, caramelised onion jam, sweet potato hash browns ----- with fried or slow-cooked eggs

OMELETTE 65

V GF DF RSF

served with sautéed local greens and our breakfast chutney
with cheese & tomato
OR mushroom

EXTRAS

grilled asparagus	15
smoked salmon	35
sautéed local greens	12
crispy bacon	20
sautéed cherry tomatoes	12
grilled chicken	25
feta cheese	15
grilled mahi mahi	30
caramelised onion jam	12
sour cream	10
sautéed mushrooms w garlic	12
hummus	15
sweet potato hash brown	15
organic GMO-free tempe	25
guacamole (seasonal)	15
quinoa tabouleh	25
natural peanut butter	7
sweetcorn fritter	15

TOAST

White Toast	10
Power Loaf	20
Crumpet	15

KIDS MENU ALL 30

KIDDIE CAKES

Pancakes with banana & chocolate

EGGY BREAD

French toast with honey

SPADOODLE

Spaghetti, olive oil & cheese

CORN CRISPY

Corn fritters with mayonnaise



SMOOTHIE BOWLS ALL 65

Topped with fresh fruit and superfoods

TILL 5PM

MANGO TANGO

mango pineapple banana coconut water mint.

PINK PANTHER

dragonfruit raspberries banana & coconut cream

HULK SMASH

avocado banana spinach dates spirulina green tea lime & mint

SMOOTHIES

fresh housemade almond milk ++10K

BANANAROLLA 45

yoghurt banana cinnamon milk & honey

BREAKFAST BERRY 45

mixed berries banana yoghurt milk

SURF REPLENISH 45

banana peanut butter dates cocomilk
Add plant-based protein powder ++ 10

SWEET YOGI 45

bananas raspberries cocomilk vanilla & mint

ISLAND BLUES 45

bananas blueberries cocomilk & cinnamon

ISLAND GARDEN 45

bananas spinach mango cocowater ginger spirulina

SUNSHINE BOOGIE 45

mango orange & dragonfruit

ICED CHOKKY SHAKE 45

chocolate sauce avocado cocomilk

ICED MOCHA 50

chocolate sauce avocado cocomilk & espresso

FRESH BLENDS

PAPAYA & LIME 35

fresh cut papaya freshly squeezed lime ice

WATERMELON & MINT 35

fresh cut watermelon with mint and ice

DRAGON JUICE 35

lots of fresh cut dragonfruit blended with ice

PINEAPPLE & ORANGE 40

fresh cut pineapple chunks and hand squeezed tangelo orange

APPLE & MANGO 45

frozen mango blended with cold pressed green apple & mint

SKIN GLOW 45

aloe vera cucumber apple mint lime ginger & honey

COLD PRESSED ALL 45

ANTI-INFLAM

turmeric ginger apple cucumber lime

THE ALKALISER

apple spinach cucumber wheatgrass ginger

JUST BEET IT

beetroot carrot orange cucumber apple

BLOOD BLASTER

beetroot red cabbage carrot apple

VATA

carrot sweet potato ginger cinnamon orange

TAN TRICK

carrot ginger lime turmeric apple



COFFEE

ESPRESSO	20
DOUBLE ESPRESSO	25
FLAT WHITE	30
CAPPUCCINO	30
CAFÉ LATTE	30
AMERICANO	25
CAFÉ MOCHA	35
ICED LATTE	35
COLD BREW	30
BALI KOPI	15

Extra Shot in your coffee ++ 10

All of our coffees are priced with your choice of fresh cow's milk or coconut milk

For our fresh house-made Almond Milk
ADD ++ 10

HEALTHY SHOTS ALL 10

JAMU Miraculous cure-all Indonesian healing tonic with fresh turmeric, ginger tamarind and honey.

potent anti-inflammatory, anti microbial, anti bacterial super juice.

VIT C Charged Vitamin C dose. amp up your immune system !

SPIRULINA local organic with cocowater complete nutrient dense food that potentially alkalises detoxes your body

WHEATGRASS alkalising super shot. clear eyes, soft supple joints and radiant skin

CHARCOAL activated charcoal & water detoxes the gut and settles "bali belly"

FRESH COCONUT 30

TEAS

BLACK TEA	15
GINGER TEA	15

fresh grated ginger with honey and fresh citrus on the side

ICED MINTED GUN POWDER GREEN TEA	25
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SEVEN SEAS TEAS	25
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High quality organic, loose-leaf tea.

GOLDEN TURMERIC CHAI

EARL GREY

MORROCAN MINT

LEMONGRASS & GINGER

A TASTE OF INDIA - MASALA CHAI

CLEAN GREEN SENCHA

OUT OF AFRICA - ROOIBOS CHAI

EGYPTIAN CHAMOMILE

SPECIALIST HOT DRINKS

HOT CHOCOLATE	30
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our chocolate sauce and steamed milk

VANILLA TURMERIC LATTE	30
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vanilla turmeric blend

GINGER SPICE TURMERIC LATTE	30
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ginger & spiced turmeric blend

GREEN ELIXIR LATTE	30
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Matcha, Moringa & Pandan

BEER

BINTANG 330ML	30
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SANGRIA

GLASS	50
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JUG	180
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LUNCH & DINNER

From 11am

SWEET POTATO FRIES 35

V NF GF RSF

hand cut sweet potato chips, fried in coconut oil, tossed in spices and served with sour cream and house-made chermoula

SALTY MELON SALAD 45

V GF RSF

grilled watermelon salad with rocket, fresh herbs, feta & red radish. Topped with crunchy nuts and served with an asian dressing & grilled lime

TACO AYAM 60

DF NF RSF

house-made wheat tortillas with cajun spiced grilled chicken, red cabbage, bean sprouts, carrot, fresh herbs & chipotle mayo

TACO VEGO 60

VGN DF NF RSF

house-made wheat tortillas with grilled veggies, rocket leaves, fresh herbs & chermoula

TACO FISH 60

DF NF RSF

house-made wheat tortillas with grilled mahi-mahi, lettuce, red radish, corn salsa, coriander, jalapenos & chipotle mayo

TACO MERGUEZ 55

NF RSF

house-made wheat tortillas with spicy merguez, lettuce, tomato, chilli beans & shredded cheddar. Guacamole on the side

KILLER NACHOS 55

V NF GF RSF

corn chips, w spicy beans, guacamole, salsa, cheese, sour cream, jalapenos & fresh coriander

BEST SATAY CHICKEN BURGER 95

DF

our house made satay sauce with grilled chicken breast, balinese sambal, baby romaine lettuce, cucumber noodles, shallots, sprouts and carrot.

VIETNAMEASY 70

VGN DF RSF

rice noodles, fresh Asian salad, pickled cucumber, fresh herbs, fried shallots, toasted cashews & crispy betelnut crackers

YUMMY HUMMY 70

V NF RSF

Hummus, feta, toasted flatbread, chargrilled
Vegetables, pickled beetroot, red cabbage & greens

FALAFEL BOWL 65

V GF NF RSF

house-made falafels fried in coconut oil with fresh greens, tomato, cabbage, carrot, cucumber noodles, basil & parsley, with a fresh herb yoghurt sauce

SMASHING PUMPKIN 70

VGN DF GF RSF

roast pumpkin with slaw, quinoa, roasted cauliflower, hummus, pepitas, walnuts, olives & a turmeric tahini dressing

DAHL 65

V GF RSF

fully flavoured Indian-style yellow lentil dahl with charred eggplant, sautéed local greens, toasted almonds, flatbread, pickled coriander stems & herbed yoghurt