

APPETIZERS

Symbiotic Trio

100

SLIMMING

DIGESTION

PRENATAL

ANTI-AGEING

BRAIN

HEART



A trio of symbiotic pâtés (Red Beetroot Sauerkraut, Yellow Turmeric Sauerkraut, Green Spinach Sauerkraut) served with seasonal raw Veggies and crunchy homemade Flaxseed Crackers.



Symbiotic nutrition is a new way to look at food. It is the combination of good bacteria and the food to feed these good bacteria; it is the combination between probiotics and prebiotics. Our wellbeing is based on the health of our gut. By having a happy community of microorganisms, all the functions in the gut - like the creation of serotonin and the neurotransmitter responsible for happiness - will reach their full potential.

Pincho Tempeh Satay 85

DIGESTION

MUSCLE



Tempeh Satay with Balinese Touch served with Sauerkraut, Balinese roasted Peanut sauce and Crunchy Indonesian Crackers.



Our tempeh is created from non-GMO natural soya seeds and produced in a traditional way by a Japanese fermentation Master in Bali. It is the perfect snack after a workout.

Croquette

80

BETTER SLEEP

PRENATAL



Purple Sweet Potato, Lentils, roasted Walnut Bites and Purusha Coconut Dressing wrapped in a steamed Cabbage Leaf.



Sweet potatoes are rich in antioxidants, the more intense the color is, the more antioxidants it contains. Choose colourful sweet potatoes for consumption, especially the purple and red ones.

SYMBIOTIC CREAMY SOUPS

Green Dream

145

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Kale Miso Soup with Olive Oil, trio seeds and Purusha Cream.



Sage is a holly herb which balances the feminine energy. Miso is the elegant Japanese term for fermented soybean paste. Miso may also be made with rice or barley to which mold and salt are added before aging anywhere from 6 to 36 months. It is considered an "Umami" flavour.

Beetroot Bliss

145

BETTER SLEEP

PRENATAL

BRAIN

HEART



Beetroot, Sweet Potato Soup with Roasted Onions and Grilled Mushroom, Rosemary and Purusha Cream.



Beetroot is low in fat, full of vitamins and minerals and packed with powerful antioxidants. Beetroot fibre has been proven to increase the number of white cells in our body which are responsible for detecting and eliminating abnormal cells.

Vitality Booster

145

BRAIN

HEART



White Daikon, Cauliflower and creamy Leek Soup dressed with the perfect trio of Seeds. Light and fulfilling.



Pumpkin, Sunflower & Flax Seeds are the perfect blend to keep a healthy prostate especially for men over 50.

Autumn Harvest

135

SOUL

ENERGY

BETTER SLEEP

RELAX



Pumpkin, Miso, Yellow Sweet Potato Soup with roasted Pumpkin Seeds, mashed Purple Sweet Potatoes and Purusha Cream.



Pumpkin is low in calories and packed with antioxidants and beta carotenes: a red-orange pigment found in plants, fruits, and colourful vegetables. The human body converts beta carotene into Vitamin A (retinol); beta carotene is a precursor of vitamin A. We need Vitamin A for healthy skin and mucus membranes, as well as for good vision.

SHARING PLATES

Mezze Plate

125

BRAIN

HEART

PRENATAL



Crudités with Hummus, symbiotic Pâtés, Tzatziki, Pita Bread, Flax Seed Crackers and Tahini Dressing.

Vegan Cheese Plate

215

BRAIN

SOUL



Vegan Camembert, Boursin, Raspberry Chevre, and Bocconcini. Fresh Seasonal Fruit, Awakened Nuts, Dry Fruit, and Home-made Flaxseed Crackers

Falafel Plate

125

BRAIN

HEART

MUSCLE

SOUL



Our Balinese version of the Falafel with Greens, Sprouted Chickpeas, Served with Beetroot Hummus, Baba Ganoush, Tzatziki and Pita Bread.



Hummus made from sprouted chickpeas is considered very high in tryptophans which is known for improving quality of sleep.

BROTH REMEDIES

Detox Broth

35

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Alkaline Broth, Onion, Leek, Ginger, Daikon, Black Pepper, Sweet Potato, Cabbage, Zucchini, Beetroot, Celery and Kombu Seaweed.



This broth is the perfect tonic to keep the body mineralised and to allow the cleansing process to be effective.

Tonic Broth

45

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE

Chicken Consommé: the great-grandmother remedy.



An old remedy to invigorate the body. This is a great keto drink for those in need of stimulating health for thyroid.

Miso Broth

65

HEART

ANTI-AGEING

DIGESTION

RELAX



Alkaline Miso Broth served with Leek, Broccoli, semi hard Tofu and Gomashio.



Sipping miso soup will bring a strong boot of minerals to your diet. This soup is also very effective to help overcome a sugar addiction.

Green Jamu


135

SLIMMING DIGESTION ANTI-AGEING BRAIN HEART   

Black Quinoa and Homemade Sauerkraut with Chicories, Avocado, Sprouts, Radishes, Cucumber, Chayote and blanched Broccoli. Light and fulfilling.

Jamu Dressing: Turmeric, Ginger, Black Pepper, Lemon and Coconut Oil.

Toppings: Black Sesame Gomashio, Avocado and Awakened Nuts.

 *Jamu is a medicinal combination of ingredients which heal the body, used in Indonesia as a homemade remedy to cure the body inside and out. It is extremely anti-inflammatory. We have developed a dressing inspired by the ancestors.*

Roasted Roots


115

BETTER SLEEP BRAIN HEART PRENATAL  

Marinated Roasted Roots, Grilled Mushrooms, Tempeh and Crunchy Green Vegetable Leaves.

Dressing: French Vinaigrette and Beet Dressing.

Toppings: Black Sesame Gomashio, Yellow sauerkraut and Crunchy sage

 *Gomashio is the highest source of calcium available from non-animal sources. Made of sesame seeds toasted with sea salt and grinded by hand. A basic in macrobiotic cuisine.*


Plant Power

125

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART 

Pumpkin Carpaccio, Spinach, Baby Corn, Bean Sprouts, Fresh Papaya, Sauerkraut and Seaweed

Miso Dressing: Miso, Ginger, Lime and roasted Sesame Oil.

 *Sprouting dramatically increases the vitamin content of a seed. Enzymes, considered the key to longevity, are greatly activated in the sprouting process. The absence of enzymes produces that "tired, run-down feeling".*

The Green Curtain


115

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART

Green Bean, Leek and Sesame Seed Salad with Purusha Cream and Yellow Sauerkraut.

Local Pesto Dressing: Lemon Basil with Lime, Olive Oil, and Garlic.

 *Lemon basil derives from the basil family in Indonesia, with numerous benefits such as reducing inflammation. The cineole, myrcene and eugenol substances act as natural and anti-inflammatory antibiotics.*

Three Tomato Salad 135

BLOOD PRESSURE

SOUL

BRAIN

HEART



Variety of Tomatoes with Organic Bali Vegan Cheese.

 *A tomato is a nutrient-dense superfood. Its nutritional content supports healthful skin, weight loss, and a healthy heart.*

Bali Bliss Salad 165

DIGESTION

ANTI-AGEING

PRENATAL

BRAIN


HEART



Cold Vermicelli salad with Celery, Avocado, Snow Peas, Okra, Cilantro, Nutritional Yeast, Awakened Nuts and Indonesian Sambal Ulek.

Sambal Ulek: Mix of Indonesian spices

Toppings: Golden Lime Zest, nutritional Yeast, Black Sesame Gomashio

 *Buckwheat is a healthy, nutty, and versatile grain that is high in fiber, a great source of minerals (especially iron), and loaded with B vitamins. It's perfect for those on a gluten-free diet.*

DIY Salad 150



We can make a salad with your favourite ingredients *picked fresh from our garden*. Share with us your special request and we will do our best to please you.

Green: Lolo rosso, radicchio, baby romaine, frisée, Baby Spinach, Kale, Bok Choy

Fresh: Chayote, okra, baby bean, tomato, cherry tomato, radish, celery, cucumber, broccoli, asparagus, avocado, fennel, jicama

Nuts, Seeds, Legumes: Almond & walnut, black and white sesame seeds, pumpkin seeds, sunflower seeds, quinoa

Dressing: Vinaigrette, Purusha Coconut Cream, Jamu or Miso dressing

A choice mix of 3 Green, 2 Fresh, 2 Legume & 1 Dressing