



# MENU

## OUR MENU

We highlight seasonal traditional Balinese dishes drawing from the abundant array of locally grown spices, grains, veggies & pulses.

Many of the items on our menu are grown here in our permaculture gardens or on our organic coffee farm.

We annually reduce our imported items, and aspire towards a 100% vegan menu for both humane and environmental reasons.



Our meals are prepared daily, without microwaves, so we need some time to harvest from our gardens.

**PLEASE CHOOSE FROM THE MENU WHAT YOU WOULD LIKE FOR LUNCH or DINNER**  
**WAIT TIME FOR OUR MENU IS 30 - 40 MINUTES**

## RESTAURANT HOURS

**8AM - 9PM**



## SPECIALITIES

### BALINESE SPICES

The Organic spices used to flavor our meal are all freshly harvested from our gardens and surrounds. Kencur, Galangal, Turmeric, Tamarind, Ginger & lemongrass.

### PALM SUGAR (ARENCA PINNATA)

Sourced locally from the Arenga Palm (not coconut) and added as a sugar/honey replacement throughout our menu. Rich in fiber & calcium to aid digestion.

### DAUN KELOR (MORINGA OLEIFERA)

This super food leaf contains gram for gram, 7x the vitamin C of oranges, 4x the calcium of milk, 4 x the vitamin A of carrots, 2x the protein of milk & 3 x the potassium of bananas.

### WHAT IS A LAWAR?

A lawar is a Balinese dish using seasonal leaf vegetables such as cassava, spinach or amaranth combined with grated coconut and spices.



### WHAT IS A SAMBAL?

Sambal is an Indonesian spicy side dish, made from a variety of ingredients such as tomato, gingerflower, lemongrass, lime and always with chili.

All meals are subject to a 10% Government Tax & a 5% Service Charge.

## APPETIZERS & SNACKS

**SALSA or HUMMUS DIP** 55K  
Spicy tomato capsicum or Hummus dip with homemade crackers.

**BRUSCHETTA** 65K  
Grilled homemade red & black rice bread topped with tomato & capsicum with a drizzle of sesame oil.

» With cheddar or feta cheese 70K

**SNACK MEDLEY** 100K  
Mixed plate of: hummus, feta cheese, salsa, homemade chutney, carrot sticks with pita slices & krupuk

**HERBED POTATO FRIES** 50K  
Choose from Potato or Sweet Potato.

**BUFFALO WINGS** 75k  
Cauliflower, broccoli and tofu double battered and deep fried, tossed in a homemade sweet & sour spicy sauce  
» Chicken 85K

## SOUP BOWLS

**All soups are served with Homemade Red Rice Bread.**

**NOODLE** 65K  
A delicious clear & light soup, with garden greens & wheat or rice noodles.  
» With Tofu, Tempeh 70K  
» With Chicken 80K

**YOUNG COCONUT** 90K  
Freshly picked young coconut artfully blended with healing kaffir lime leaf, chili, lemon lemongrass to create a creamy, inspired raw soup.

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**VEGETABLE** 65K  
Blended seasonal vegetables from the garden combined with local herbs.

**TOMATO CHILI** 65K  
Blended seasonal vegetables from the garden combined with local herbs.

**TOM YUM** 70K  
A spicy Thai favorite with lemongrass, our home-grown mushrooms. Served with local rice.  
» With Tofu or Tempeh 75K  
» With Chicken 80K

## SALADS GARDEN TO TABLE

**All salads are served with our Homemade Black Rice Bread.**

**ASIAN FLAIR SALAD** 80K  
A colorful array of garden greens, spiralled carrot, cabbage, beans & rice noodles tossed with a sesame chili soy dressing.  
» With Tempeh 90K  
» With Chicken 100K

**FOREVER YOUNG** 80K  
Fresh healing herbs & greens from our garden- gotu kola & daun kelor, tossed with a zesty lemongrass/ ginger/turmeric dressing and topped with chopped peanuts.



**FIDDLEHEAD FERN TIP** 80K  
A crispy fresh salad with wild harvested organic fern tips mixed with shredded coconut and coconut dressing.

**RAW GARDEN WRAP** 90K

Salad greens wrapped in steamed cabbage leaf, served with a creamy cashew mayo.

**TAMARIND TEMPE** 80K

Salad greens from the garden served with marinated tempe and a sweet, sour & spicy tamarind dressing

» Chicken 90K

**CREATE YOUR OWN SALAD**



**SERVED WITH HOMEMADE RED RICE BREAD** 40K

Seasonal leafy greens from the garden are the base, add any extras you would like and choose your dressing.

(S) = Seasonal

- Rice Noodles
  - Ginger Pan-fried Tempeh
  - Pan-fried Tofu
  - Pan-fried Chicken
  - Boiled Egg
  - Feta Cheese
  - Oyster Mushroom (S)
- » **Add for 10K each**

- Tomato
- Cucumber
- Capsicum
- Grated Carrot
- Grated Beetroot (S)



- Red Shallot
- Fresh Beans
- Lombok Chili (not spicy)
- Kelor Leaf (Moringa Leaf)
- Gotu Kola Leaf
- Wild Harvested Fiddlehead Fern

Tips

» **Add for 5K each**

**SEEDS & NUTS**

- Sesame Seed
  - Pumpkin Seeds
  - Chopped cashew
- » **Add for 5K each**



**CHOOSE A DRESSING**

- Balsamic/Lime & Olive Oil
- Creamy Cashew Mayo/Coconut Oil
- Lemongrass/Ginger/Lime/Turmeric
- Sesame/Chili/Soy Coconut Oil



**SANDWICHES** 65K

**CREATE YOUR OWN SANDWICH FRESH OR GRILLED WITH HOMEMADE WHOLEMEAL or RICE BREAD**

- Lettuce
  - Onion
  - Cucumber
  - Grated carrot
  - Oyster Mushroom (S)
  - Beetroot (S)
- » Add Tempeh 10K  
» Add Chicken 15K  
» Add Fried Egg 5K  
» Add Cheddar/Feta 10K each



**CREATE YOUR OWN PIZZA**

**SMALL 70K    LARGE 90K**

WITH HOMEMADE TOMATO & HERB SAUCE

- Tomato
  - Garden Greens
  - Rocket
  - Eggplant
  - Oyster Mushroom (S)
- » Add Mozzarella/Cheddar/Feta for 10K each  
» Add Chicken for 20K

## INDONESIAN



\*Spicy on request

### **NASI GORENG** 70K

Local rice, stir-fried with Sambal & garden greens, homemade vegetable crackers (krupuk) & roasted cashew nuts.

- » with Thinly Shredded Omelet 70K
- » with Tofu or Tempeh 75K
- » with Chicken 80K

### **MIE GORENG** 70K

Pan-fried noodles with Balinese spices & Garden greens.

- » with Tofu or Tempeh 80K
- » with Chicken 85K



### **CAP CAY** 80K

A delicious steamed mixed vegetable soup with roasted cashew. Served with Rice.

- » with Tofu or Tempeh 85K
- » with Chicken 90K

### **GADO GADO** 80K

Steamed assorted vegetable salad with tofu, tempeh, and peanut sauce dressing.

- » with boiled egg 85K

## LUNCH PLATTER

### **FOR 2 PEOPLE** 200K

A selection of salads - Fiddlehead fern tip, Forever young & Asian. with Raw garden wraps a side of cashew mayo & homemade red rice bread.



## NON LOCAL DISHES

### **SPICY THAI CURRY** 100K

Local seasonal greens, coriander, lemongrass & coconut cream served with a side of rice.

- » With Chicken 120K

### **FALAFEL WRAP** 100K

Homemade chickpea falafels with homemade hummus and cucumber, tomato, peanut salad (ask for our homemade hot sauce)

### **PENNE MARINARA** 90K

Pasta tossed in homemade tomato herbed sauce.

- » With Feta cheese 100K

### **LINDA'S FAMOUS LENTIL STEW**

A hearty rich tomato brown lentil stew with potato and carrot. 90K  
Served with steamed rice or black rice bread.

### **SAMOSA AND DAL** 100K

2 homemade vegetable samosas served with yellow lentil dal & homemade made fruit chutney

### **FRITTATA** 75K

Local eggs whipped with herbs, potato & tomato & pan fried, served with side salad

## EDIBLE PERMACULTURE TOUR

An informative free 1 hour culinary & medicinal tour of the lodge gardens.

We have planted everything on our grounds over 30yrs

- » Please ask in the office if you would like to join this 1 hour tour
- Our Plant book is for sale in the shop



## SWEETS



### REAL COKLAT MOUSSE

50K

Organic Cacao Nibs sourced from our Garden, blended with local coconut flesh.

Rich in flavor, egg and diary-free.

### CASSAVA DOUGHNUT BALLS

50K

8 homemade cassava doughnut balls served with palm sugar syrup and a scoop of homemade ice cream

### BUBUR IJIN

50K

Warm black rice pudding, with coconut cream and palm sugar syrup.

### HOMEMADE VEGAN ICE CREAM

50K

Please see the blackboard for today's flavors made from local fruits.

### FRUIT PLATTER

35K

A medley of local tropical seasonal fruits.

### CREPES OR FLAPJACKS

50K

2 Pan-fried crepes or flapjacks with a scoop of ice cream of your choice topped with palm sugar syrup.

» Vegan option available

### SNAKE FRUIT CRUMBLE

50K

Baked blanched organic snake fruit from our gardens, topped with freshly grated coconut, oats, palm sugar, and a scoop of ice cream of your choice.

Served hot.





## Dinner specials

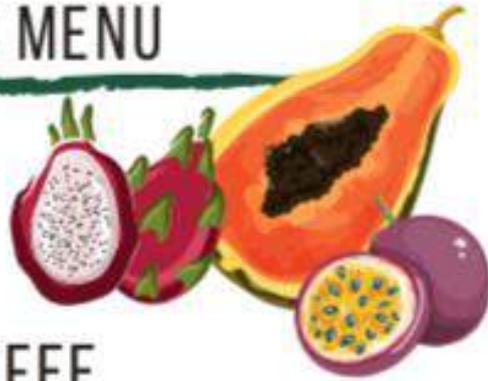
When creating our dinner specials we try to use as much as possible from our garden & the local area.

This is why we ask you to order early, so that we have time to harvest, collect and prepare your meal from scratch.

Special	Description	From the garden	Veg price Chicken price
<b>Sate skewers</b>	Skewered medley of tempe & tofu with vegetable parcels, vegetable lawar, peanut sauce & steamed rice cakes	Green beans, leafy greens, turmeric, galangal, nutmeg, ginger	100/k 120/k
<b>Balinese curry</b>	Creamy coconut Balinese herb curry with tofu or tempe, served with yellow rice	Sweet potato, long beans, local eggplant, choko, turmeric, galangal, ginger, kencur	100/k 115/k
<b>Sumatran curry</b>	Creamy, herbal Sumatran curry with tofu or tempe. Served with red rice	Green beans, eggplant, galangal, turmeric, lemongrass, chilli, cloves, kafir lime, ginger	100/k 115/k
<b>Lalapan</b>	Deep fried tempe, tofu and eggplant served with spicy tomato sambal and sayur urab	Wing beans, eggplant, green beans, coconut, chilli, cherry tomatoes	90/k 100/k
<b>Bubur</b>	Balinese savoury porridge served with tempe, homemade crackers, sayur urab and clear soup	Wing beans, green beans, coconut, chilli	90/k 100/k
<b>Soto</b>	An Indonesian clear soup with tofu or tempe, vermicelli noodles, fried shallots, boiled egg and chopped celery	Celery, leafy greens, green beans, turmeric, galangal, lemongrass, kencur, ginger	90/k 100/k

<b>Tahu isi</b>	Deep fried tofu parcels stuffed with vegetables. Served with soy sauce sambal, coconut fern tip and sweet potato rice.	Chilli, fiddlehead fern tip, sweet potato, cucumber	100/k 110/k
<b>Betutu</b>	Marinated, slow cooked tempe served with cassava leaf, clear soup and coconut rice	Chilli, cassava leaf, turmeric, galangal, coconut, lemongrass, ginger, kencur, nutmeg	100/k 115/k
<b>Rendang</b>	Slow cooked jackfruit or tempe & tofu or papaya in rendang gravy, fried vegetable cake, papaya lawar, coconut rice and eggplant balado	Chilli, turmeric, galangal, coconut, lemongrass, kencur, nutmeg, eggplant, papaya, jackfruit	110/k 125/k
<b>Balinese nachos</b>	Homemade krupuk, kare bean guac, cashew sour cream, spicy young papaya, local spinach, sambal matah & peanut sauce	Kare bean, papaya, chilli, bayem, lemongrass, turmeric	100/k 120/k
<b>Jungle special</b> min order -4 people or more	A showcase of local dishes. Banana stem soup, papaya lawar, curried tempe, homemade krupuk, yellow rice and 2 types of sambal	Banana stem, papaya, torch ginger, chilli, turmeric, galangal, coconut, lemongrass, ginger, kencur	110/k 125/k
<b>Serompotan</b>	5 different vegetables from the garden with a spicy coconut sauce, taro cakes, coconut rice, egg & shallot sambal	Wing bean, long bean, eggplant, bitter gourd, sweet potato tips, green beans, taro, chilli, coconut, lemongrass, turmeric,	100/k 115/k
<b>Nasi campur</b>	Sweet tempe, vegetable lawar, corn fritter, sambal bongkot, krupuk and red rice	Leafy greens, torch ginger, chilli, green beans, wing beans	100/k 120/k
<b>Tempe schnitzel</b>	Bread crumbed tempe with cumin sambal, mashed sweet potato and steamed wing beans	Cherry tomatoes, wing beans, leafy greens	90/k 105/k

# DRINK MENU



## COFFEE

### ESPRESSO

35K

Organic coffee beans harvested from our coffee farm

### CAFÉ LATTE

40K

Organic coffee beans harvested from our coffee farm

with cows milk or coconut cream

### CAPPUCCINO

40K

Organic coffee beans harvested from our coffee farm

with cows milk or coconut cream

### BALI KOPI

30K

Local coffee beans

>> add cow's milk 5K



### ICED COFFEE

45K

with coconut cream or cow's milk

### HOT CHOCOLATE

30K

Made with fresh cinnamon & coconut cream

All beverages are subject to a 10%  
Government Tax & 5% Service Charge



## TEAPOTS

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### **SPECIAL WARMING**

50K

A blend of ginger, lime, cinnamon and palm sugar

### **BLACK OR GREEN TEA**

25K

>> add cow's milk 5K

**SPECIAL CHAI** Green or black tea with ginger, star anise & cloves

50K

>> with palm sugar syrup

Optional cow's milk or coconut cream



### **♥ HEALING HERBAL TEA**

Straight from our organic garden. Individual or combination: Lemongrass, hibiscus flower, mint, ginger

35K

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## COLD DRINKS

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**ICED TEA** black or lemongrass

35K

**LIME OR MANDARIN SLUSHY**

35K

Fresh Lime or mandarin juice, soda crushed on ice

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**SEASONAL LOCAL BLENDED JUICES** 45K

**Some fruits are seasonal**

Pineapple, Mandarin, Banana, Papaya,  
Mango, Watermelon, dragon fruit, mulberry  
Salak. Add ginger or lemongrass

**HOMEMADE LEMONADE** 35K

With a hint of ginger

**HOMEMADE LEMONGRASSADE** 35K

With a hint of ginger

**MOUNTAIN MILKSHAKE** Made with your 40K

choice of our seasonal vegan ice cream  
flavours (Check out our blackboard for  
today's flavours)

>> Add cow's milk 5K



♥ **COCO - LOCO Vegan MILKSHAKE**

Coconut cream blended with our seasonal &  
homemade vegan fruit ice creams

45K

**ECO NUT SMOOTHIE** Papaya & Banana 45K  
blended with milk or coconut cream & palm  
sugar

**COCONUT WATER** Whole young coconut - 45K  
pure coconut water

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## MAGNESIUM & POTASSIUM SHAKES

### OATTY

Oats, pumpkin seeds, banana  
with cows milk or coconut cream



45K

### CHOCOLATE BANANA PEANUT BUTTER BLAST

Banana, homemade peanut butter, cocoa &  
palm sugar. 750 - 900 mg of potassium!  
with cows milk or coconut cream

45K

## SUPER JUICE SHOTS



### TURMERIC

Whole body and organ protector.

Tonic for the Heart, Brain & Liver and aids detox cleansing

45K

### TEMULAWAK

Lovely strengthening tonic for the stomach  
& kidneys

45K

### KENCUR

Promotes digestion & improves energy levels

45K

### SUPER GREEN

Boosts longevity & aids detoxification of  
toxins

45K

>> Gotu Kola, Moringa & Leafy Greens



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# OUR SIGNATURE HEALING ORGANIC HERBAL TEAS

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**ALL SERVED IN A TEA POT 45K**

**IMMUNI-TEA** A warm & nourishing blend that is anti-microbial, anti-bacterial and anti-oxidant. This vitamin C-packed blend will support & boost your immune system.

>> *Rosella Flowers, Ginger, Kencur, Star Anise, Dried Lime, Turmeric & Black Pepper*

**DIGEST-EASE** A cooling & comforting blend which will help soothe your stomach by relaxing digestive muscles & calm indigestion.

>> *Peppermint, Rosemary, Chamomile & Jasmine Flowers*



**NIGHTEA NIGHT** A calming & cooling brew, blended to promote a good night's sleep. This mix may help reduce stress & anxiety by supporting your nervous system.

>> *Lemongrass, Lavender, Jujube Berries, Nutmeg & Butterfly Pea Flower*

**BALI-MASALA** An aromatic & revitalizing blend to boost your overall health; especially to support immune health, digestion, stress management, reduce oxidative stress & inflammation

>> *Ginger, Turmeric, Kencur, Galangal, Cinnamon, Clove, Nutmeg & Black Pepper*

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## WINE



<b>HOUSE WINE PLAGA</b> by the glass >> Red or white	60K
<b>WHITE MONKEY</b> - New Zealand Sauvignon blanc	450K
<b>SABA BAY</b> (Bali) Red, white or Rose	300K
<b>CLASSICO</b> (Chile) Sauvignon Blanc - 2017 Cabernet Sauvignon	440K
<b>PARLARE</b> (Italy) Red - Nero D'avola - 2015	470K
<b>BARTON &amp; GUESTIER</b> (France) Red - 2013	570K
<b>VIDAL FLEURY</b> (France) Red - 2016	600K
<b>CASCINE</b> (Italy - Prosecco)	600K

## BEER



<b>BINTANG BEER</b>	Small	35K
	Large	55K

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Government Tax & 5% Service Charge

## MOCKTAILS

**VIRGIN ECO-RITA** Freshly squeezed organic lime & mandarin with palm sugar served on ice

55K

**VIRGIN PINA COLADA** Blended pineapple or Mango (seasonal) and coconut cream

55K



## COCKTAILS

**COCONUT WATERS** Fresh coconut water blended with pineapple, lime & vodka (Smirnoff)

80K

**TROPICAL ECO LADA** White rum blended with coconut cream, pineapple & dragonfruit or mango (seasonal)

80K

**RAIN FOREST WATERS** Gin (Gordons) shaken with organic lime & soda on ice

80K

### ♥ MOJITO

White rum blended with soda water organic mint & lime on ice

80K



**MOUNTAIN SUNRISE** Tequila (Pepe lopez) blended with freshly squeezed mandarin & lime on crushed ice

80K

**ECO - RITA** Local Arak shaken with palm sugar and freshly squeezed organic lime

80K

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# SPIRITS



<b>ARAK &amp; Palm sugar</b>	35K
<b>GIN &amp; Tonic (Gordons)</b>	60K
<b>VODKA &amp; Mandarin (Smirnoff)</b>	60K
<b>WHISKEY on ice (Jameson)</b>	60K
<b>RUM &amp; Coconut water (Captain morgan)</b>	60K
<b>TEQUILA SHOT (Pepe lopez)</b>	60k



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