



FOOD MENU

OUR MENU

We highlight seasonal traditional Balinese dishes drawing from the abundant array of locally grown Organic 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 BEFORE 10AM EACH DAY. YOU CAN LET OUR STAFF KNOW AT WHAT TIME YOU WOULD LIKE YOUR MEALS BETWEEN THESE HOURS.

RESTAURANT HOURS

8AM – 8.30PM – During C-19

SPECIALTIES ON OUR MENU

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

PALM SUGAR (ARENGA 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 a Balinese dish using seasonal leaf vegetables such as : cassava, spinach or amaranth combined with grated coconut and spices.

WHAT IS A SAMBAL? A Sambal is an Indonesia spicy side dish, made from a variety of ingredients such as: tomato, ginger flower, lemongrass, lime and always with chili.

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



LUNCH/ ENTRÉES & SNACKS

 **SALSA DIP** Spicy tomato capsicum dip with homemade rice crackers 55K

BRUSCHETTA Grilled home-made red & black rice bread topped with tomato & capsicum with a drizzle of sesame oil 65K
» Add cheddar or feta cheese 70K

FRITTATA Local farm eggs whipped with herbs, tomato & potato served with a small side salad 75K

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



SOUP BOWLS

SERVED WITH HOMEMADE RED RICE BREAD

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

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

YOUNG COCONUT Freshly picked young coconut artfully blended with 90K

healing kaffir lime leaf, chilli, lemon & lemongrass to create a creamy, inspired raw soup

TOMATO CHILI

Fresh blended tomatoes full of antioxidants with a hint of chili. Available without chili upon request 65K

TOM YUM

A spicy Thai favorite with lemongrass our home-grown mushrooms (s). Served with Local rice. 70K

» 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

A colorful array of garden greens, spiraled carrot, cabbage, beans & rice noodles tossed with a sesame chili soy dressing. 80K

» Add Tempeh 10K /Add Chicken 20K »

FOREVER YOUNG

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

FIDDLEHEAD FERN TIP

A crispy fresh salad with wild harvested organic fern tips mixed with shredded coconut and coconut dressing 80K

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

RAW GARDEN WRAP

Salad greens wrapped in local leaves,
served with a creamy cashew mayo
90K

CREATE YOUR OWN SALAD. SERVED WITH HOMEMADE RED RICE BREAD

Lettuce & Seasonal leafy greens are
the base, now add any extras you
would like and choose your dressing
(S) = Seasonal
40K

- * Rice Noodles
- * Ginger Pan fried Tempeh
- * Pan fried Tofu
- * Pan fried Chicken
- * Boiled egg
- * Feta cheese
- * Oyster Mushrooms (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 seeds
- * Pumpkin seeds
- * Chopped cashew
- » Add 5K each

CHOOSE A DRESSING

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



SANDWICHES

CREATE YOUR OWN SANDWICH. FRESH OR 65K
GRILLED WITH HOMEMADE WHOLEMEAL, RICE OR
HERB BREAD. Choose from: lettuce,
tomato, grated carrot, cucumber,
capsicum, onion, oyster mushrooms
(S), rocket, daun Kelor, beetroot (S)
» Add tempeh 10K / Add Chicken 15K
/ Add fried Egg 5K / Add cheddar or
feta cheese 10K each



BALINESE & ASIAN

NASIGORENG Local rice, stir fried 70K
with Sambal & garden greens,
vegetable crackers (krupuk) &
roasted cashew nuts.
» with Tofu or Tempeh 75K/ with
Thinly Shredded Omelet 70K/ with
Chicken 80K

MIE GORENG Pan fried noodles with 70K
Balinese spices & garden greens
» with tofu or tempeh 80K with
chicken 85K

CAP CAY A delicious steamed 80K
mixed vegetable soup with roasted
cashew. Served with Rice
» with Tofu or Tempeh 85K / with
Chicken 90K



GADO GADO Steamed assorted 80K
vegetable salad with tofu, tempeh
and peanut sauce dressing
» with boiled egg 85K

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

LUNCH PLATTER

FOR 2 PEOPLE

A selection of salads - Fiddlehead fern tip, Forever young & Asian with homemade red rice bread
200K



NON LOCAL DISHES

SPICY THAI CURRY with local seasonal greens, coriander, lemongrass & coconut cream served with a side of rice. Please let us know how hot you would like it
» Chicken add 20K 100K

FALAFEL WRAP Freshly made chickpea falafels- On the side 100K

homemade hummus with cucumber, tomato & peanut salad

PENNE MARINARA Pasta tossed in homemade tomato herbed sauce. Please ask if you would like some chili added
» Add Feta cheese 10K 90K



LINDA'S FAMOUS LENTIL STEW A hearty rich tomato brown lentil stew with potato and carrot. Served with steamed rice or black rice bread 90K

E

PIZZA - CREATE YOUR OWN SMALL 70K / LARGE 90K

HOME MADE TOMATO & HERB SAUCE. CHOOSE FROM THESE TOPPINGS

- Pineapple
- Oyster mushroom(s)
- Chili
- Tomato
- Red pepper
- Garden greens
- Garlic
- Eggplant
- Onion
- Rocket

» Choose your Cheese - 10K each:

- Mozzarella
- Cheddar
- Feta

Add Chicken 20K



EDIBLE PERMACULTURE GARDEN TOUR

An informative 1 hour culinary & medicinal tour of the lodge gardens. Discover seasonal fruits, vegetables & spices. We have planted everything on our grounds over 30 years (except the coconut trees) with over 150 different plants on our property
FREE

» Please ask in the office if you would like to join this 1 hour tour

DINNER

Each Night we offer a seasonal meal option, our staff will let you know tonight's option. If you would like something else from the menu, please choose from the previous page

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

SWEET THINGS



REALCOKLATMOUSSE Organic 50K
Cacao nibs sourced from our Organic garden, blended with local coconut flesh - Rich in flavor and egg & dairy free - Still tastes decadent!

PISANG GORENG Crispy Fried bananas served with palm sugar syrup and a scoop of ice cream of your choice

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

HOMEMADE VEGAN ICE CREAMS
Please see the blackboard for today's flavors made from local fruits

FRUIT PLATE A medley of local tropical seasonal fruits.

CREPES 2 pan fried crepes with a scoop of ice cream of your choice topped with palm sugar syrup
» Vegan option

SNAKE FRUIT (SALAK) CRUMBLE 50K
Baked blanched organic snake fruit from our gardens, topped with freshly grated coconut, oats & palm sugar, served hot with a scoop of ice cream of your choice. Ask for it hot

DRINK MENU



COFFEE

ESPRESSO Organic coffee beans
harvested from our coffee farm 35K



CAFÉ LATTE Organic coffee beans
harvested from our coffee farm 40K
» add soya milk 5K

CAPPUCCINO Organic coffee beans
harvested from our coffee farm 40K
» Add soya milk 5K

BALI KOPI Local coffee beans 30K
» Add Soya milk / Add cows milk 5K

ICED COFFEE with Coconut cream, Soya
milk or Cows milk 45K

HOT CHOCOLATE Made with fresh 30K
cinnamon & coconut cream
» Add soya milk 5K

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





TEAPOTS

SPECIAL WARMING A blend of ginger, lime, 50K
cinnamon and palm sugar

BLACK OR GREEN TEA 25K

» Add Soya milk 5k/ add cows milk 5K

SPECIAL CHAI Green or Black Tea with 50K
ginger, Star anise & cloves.

» with palm sugar syrup/ with soya milk /
with cows milk

♥ HEALING HERBAL TEA

Straight from our Organic garden. Individual
or Combination: Lemongrass, Hibiscus
Flower, Mint, Ginger
35K

COLD DRINKS



ICED TEA Black or Lemongrass 35K

TONIC OR SODA WATER Served with a 25K
squeeze of lime on ice



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



LIME OR MANDARIN SLUSHY Fresh Lime or Mandarin juice crushed on ice 35K

SEASONAL LOCAL BLENDED JUICES Choose your combination: Pineapple, Mango, Jackfruit, Banana, Mulberry, Watermelon, Lime, Dragon fruit, Passion fruit, Mandarin, Papaya 45K

HOMEMADE LEMONADE With a hint of ginger 35K

HOMEMADE LEMONGRASSADE With a hint of ginger 35K

MOUNTAIN MILKSHAKE Made with Soya milk & your choice of our seasonal ice cream flavours (Check out our blackboard for today's flavours) 40K
» Add cows milk

♥ **COCO - LOCO MILKSHAKE** Coconut cream blended with our seasonal & homemade vegan fruit ice creams 45K

ECO NUT SMOOTHIE Papaya & Banana blended with soya milk & palm sugar 45K

COCONUT WATER Whole young coconut or pure coconut water 45K



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



SUPER JUICE SHOTS

♥ **TURMERIC** - Whole body and organ protector. Tonic for the Heart, Brain & Liver & 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



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



WINE LIST

BALINESE HOUSE WINE By the glass 60K
» Red or White

PLAGA Chardonnay Limari Valley, 300K
Chile
» Cabernet Sauvignon Limari Valley, Chile
vinified in Bali

DON ALEJNDRO Sauvignon Blanc or 420K
Cabernet Sauvignon (2019) Chili

UNDURRAGA Chilled Sparkling wine 550K
(Chile)

BEER AND CIDER

BINTANG BEER Large Bottle 55K

BEER BINTANG Small Bottle 35K



All beverages are subject to a 10%
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 80K

TROPICAL ECO LADA Local arak blended with pineapple or mango (seasonal) blended and coconut cream 80K

RAIN FOREST WATERS Gin shaken with organic lime & soda on ice 80K

♥ **MOJITO** White rum blended with organic mint & lime on crushed ice 80K

MOUNTAIN SUNRISE Tequila blended with freshly squeezed Mandarin & Lime on crushed ice 80K

ECO - RITA Local Arak shaken with palm sugar and freshly squeezed organic lime 80K

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



SPIRITS



ARAK & HONEY	60K
GIN & TONIC	60K
VODKA & MANDARIN	60K
WHISKEY ON ICE	60K
GIN & TONIC	60K



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



HEALING HERBAL TEAS

CUP • TEAPOT

IMMUNI-TEA

20K • 35K

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

20K • 35K

A COOLING & COMFORTING BLEND WHICH WILL HELP SOOTHE YOUR STOMACH BY RELAXING DIGESTIVE MUSCLES & CALM INDIGESTION.

» *Peppermint, Rosemary, Chamomile & Jasmine Flowers*

NIGHTEA NIGHT

20K • 35K

A CALMING & COOLING BREW, BLENDED TO PROMOTE A GOOD NIGHTS' SLEEP. THIS MIX MAY HELP REDUCE STRESS & ANXIETY BY SUPPORTING YOUR NERVOUS SYSTEM.

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

BALI-MASALA

20K • 35K

AN AROMATIC & REVITALISING BLEND TO BOOST YOUR OVERALL HEALTH; ESPECIALLY TO SUPPORT IMMUNE HEALTH, DIGESTION, STRESS MANAGEMENT, REDUCE OXIDATIVE STRESS & REDUCE INFLAMMATION.

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



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