

# EAT ME

## BREAKFAST

|                                                                                                                                      |     |
|--------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>FRUIT BOWL</b> Strawberry, pineapple, watermelon, dragon fruit, banana, honey, coconut yoghurt, fresh lime                        | 45  |
| <b>GRANOLA BOWL</b> Home-made granola, coconut yoghurt, tropical fruit                                                               | 55  |
| <b>AVO' NICE DAY</b> Chunky avocado on sourdough, beetroot hummus / hummus, feta cheese, cherry tomatoes, grilled mushrooms, spinach | 55  |
| <b>BUDDHA BOWL</b> Tempeh, broccoli, spinach, red rice, peanut sauce, cherry tomatoes, sourdough bread                               | 55  |
| <b>3 EGGS OMELETTE</b> Toasted sourdough, choose any 3; tomato; mushrooms; onion; green peppers; spinach; bacon; cheese              | 55  |
| <b>PANCAKES</b> Soft & fluffy hotcakes, caramelized banana, strawberry compote, maple syrup, vanilla cream                           | 65  |
| <b>SMOKED SALMON BAGEL</b> Imported smoked salmon, toasted bagel, scramble egg, red onion, capers, rucola                            | 75  |
| <b>BIG BOYS</b> 2 eggs any style, mushrooms, tomato, streaky bacon, corn cake, heinz baked beans, sourdough or dark rye              | 75  |
| <b>THE COMPLETE BREAKFAST</b> Choose one dish from menu above served with fresh fruit juice, coffee or tea or mini fruit bowl        | 120 |

(+) TEMPEH 10 | POACHED EGGS 15 | BACON 20 | AVOCADO 20 | CHEESE 20 | GRANOLA 20 | SMOKED SALMON 25

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## SMOOTHIE BOWLS

|                                                                                                           |    |
|-----------------------------------------------------------------------------------------------------------|----|
| <b>THE WANDERER</b> Dragon fruit, mixed berries, banana, nut butter, vanilla, strawberries, granola, chia | 65 |
| <b>BRAVEHEART</b> Peanut butter, dates strawberries, granola, banana, coconut                             | 65 |
| <b>ANCHORMAN</b> Spinach, avocado, banana, mango, ginger, granola, lemon toppings, coconut flakes         | 65 |
| <b>THE HAPPY BOWL</b> Acai bowl topped with strawberry, granola, banana, toasted coconut                  | 75 |

(+) PROTEIN POWDER 20

## LUNCH

|                                                                                                                                                                                                                                   |         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| <b>CHICKEN BURGER</b> Grilled chicken fillet, bacon, melted cheese, slices avocado, coleslaw, smoked bbq sauce, toasted bun served with coleslaw or french fries or potato wedges or sweet potatoes                               | 65      |
| <b>BACON EGG BURRITOS</b> Tortilla, tomato ketchup, baby romaine, 'avo smash, bacon, spinach, scrambled egg, feta cheese, watercress, tomato cherry                                                                               | 65      |
| <b>SMOKED SALMON SANDWICH</b> Imported smoked salmon, dill cream cheese, pickled cucumber, arugula, red onion, capers, sourdough bread served with coleslaw or french fries or potato wedges or sweet potatoes                    | 75      |
| <b>THE ULTIMATE CLUB SANDWICH</b> Crispy baby romaine, tomato, grilled chicken fillet, bacon, egg, avocado slice, cheese, chipotle aioli, sourdough bread served with coleslaw or french fries or potato wedges or sweet potatoes | 85      |
| <b>DOUBLE CHEESE &amp; MUSHROOM BURGER</b> Single or double 100G beef patty, truffle aioli, caramelized onion, crispy bacon, smokey bbq sauce served with coleslaw or french fries or potato wedges or sweet potatoes             | 75 / 95 |

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## ASIAN

|                                                                                                                                                                                    |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>NASI GORENG (CHICKEN OR VEGETARIAN)</b> Indonesian street style fried rice with shredded vegetables, chicken, fried egg, pickle acar, crackers, crispy shallots                 | 55 |
| <b>AROMATIC CHICKEN / SEAFOOD / VEGETARIAN THAI GREEN CURRY</b> Sauteed green vegetables with onion, garlic, ginger, coriander, coconut cream, served with buttered coriander rice | 65 |
| <b>MURGH MAKHANI (INDIAN BUTTER CHICKEN)</b> Sauteed chicken breast, creamy buttered tomato sauce, exotic spices served with buttered coriander rice or garlic nan bread           | 65 |
| <b>BEEF RENDANG</b> The famous Sumateran beef stew, slowly cook in galangal, ginger, chili, turmeric, coconut milk served with buttered coriander rice                             | 75 |

## PASTA

|                                                                                               |    |
|-----------------------------------------------------------------------------------------------|----|
| <b>BOLOGNESE</b> Home-made bolognese tomato sauce, minced beef, wine & herbs                  | 65 |
| <b>CARBONARA</b> Sauteed shallots, bacon, egg yolk, parmesan & a dash of cream                | 65 |
| <b>CREAMY CHICKEN MUSHROOMS</b> Sauteed onion, chicken fillet, parmesan, tarragon & cream     | 65 |
| <b>PRAWN AGLIO E' OLIO</b> Italian pasta tossed with shallot, garlic, chili, basil, olive oil | 75 |

## SHARING PLATTERS

|                                                                                                                  |              |
|------------------------------------------------------------------------------------------------------------------|--------------|
| <b>FRENCH FRIES / POTATO WEDGES / SWEET POTATO CHIPS</b>                                                         | 55           |
| With garlic mayo or sweet chili dressing                                                                         |              |
| <b>VEGETARIAN OR CHICKEN NACHOS</b>                                                                              | 55 / 65      |
| Guacamole, sour cream, fresh jalapenos, tomato salsa                                                             |              |
| <b>VEGETARIAN OR CHICKEN OR BEEF QUESADILLAS</b>                                                                 | 55 / 65 / 75 |
| Tortilla, green pepper, mushrooms, onion / chicken / beef with 'avo smash, tomato salsa, sour cream and jalapeno |              |
| <b>TASTE THE RAINBOW ROLLS</b>                                                                                   | 65           |
| Rice paper wraps, rainbow veggies, mango, tempeh, avocado, peanut sauce                                          |              |
| <b>SALT &amp; PEPPER CALAMARI</b>                                                                                | 65           |
| With home-made tartar sauce, fresh lemon wedges                                                                  |              |
| <b>POST WORKOUT SNACKING PLATTER</b>                                                                             | 75           |
| Hummus, salsa, guacamole, edamame, olives, corn chips, assorted bread                                            |              |

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## HOME MADE STYLE PIZZAS

|                                                                               |    |
|-------------------------------------------------------------------------------|----|
| <b>CLASSIC MARGHERITA</b>                                                     | 55 |
| House made tomato sauce, basil and loads of mozzarella                        |    |
| <b>VEGETARIAN PIZZA</b>                                                       | 55 |
| House made tomato sauce, spinach, mushrooms, peppers, olives and mozzarella   |    |
| <b>MEAT LOVER</b>                                                             | 65 |
| House made tomato sauce, chicken breast, sausages, ground beef and mozzarella |    |
| <b>QUATTRO FORMAGGI</b>                                                       | 65 |
| House made herbed cream sauce, mozzarella, feta, parmesan, gorgonzola cheese  |    |

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### SALADS

70

**DON'T MEZZE AROUND** Falafel balls, hummus, red pepper, feta cheese, chopped spinach, cherry tomatoes, dark rye or sourdough bread

**TUNA POKE BOWL** Red rice, tuna loin, carrot, cucumber, beetroot, edamame, soy ginger

**TUNA NICOISE** Lightly seared tuna loin, baby romaine, boiled egg, baby beans, cherry tomatoes, baby potatoes, black olives, lemon garlic, vinaigrette, parmesan shaved

### DESSERTS

60

**CHIA PUDDING** Coconut chia pudding, infused floral honey, tropical fruit, granola

**COCONUT CHIA PUDDING** Coconut cream, chia seed, maple syrup, vanilla essence, yoghurt, strawberry, mango, watermelon

# DRINK ME

## COFFEE & TEA

### BLACK

|                                 |         |
|---------------------------------|---------|
| Espresso / espresso double shot | 25 / 30 |
| Hot / ice long black            | 25 / 30 |

### WHITE

|                          |         |
|--------------------------|---------|
| Macchiato                | 25      |
| Piccolo latte            | 25      |
| Flat white               | 30      |
| Hot / ice chocolate      | 25 / 30 |
| Hot / ice turmeric latte | 25 / 30 |
| Hot / ice cappuccino     | 30 / 35 |
| Hot / ice latte          | 30 / 35 |
| Hot / ice mocca latte    | 30 / 35 |

### TEA BY GLASS

|                           |         |
|---------------------------|---------|
| Hot / ice tea             | 20 / 25 |
| Hot / ice lemon tea       | 30 / 35 |
| Hot / ice lychee mint tea | 30 / 35 |

### EXTRA

|                |    |
|----------------|----|
| Coconut milk   | 10 |
| Soy milk       | 10 |
| Almond milk    | 15 |
| Protein powder | 20 |

## SOFT DRINKS 25

|             |
|-------------|
| Coca Cola   |
| Diet Coke   |
| Sprite      |
| Ginger Ale  |
| Soda Water  |
| Tonic Water |

## OTHERS

|                                                            |         |
|------------------------------------------------------------|---------|
| Henri's Ginger Beer ( <i>non alcohol</i> )                 | 45      |
| Equil still / sparkling                                    | 25 / 30 |
| Coconut whole / by bottle                                  | 35      |
| Kombuchi (classic / ginger / guava / applebeet / turmeric) | 45      |

## MILKSHAKES

### CHOCOLATE / STRAWBERRY / VANILLA MILKSHAKE 35

**CHUNKY MONKEY** Banana, peanut butter, vanilla ice cream, milk 40

**OREO COOKIES** Oreo, vanilla ice cream, milk 40

**VERY BERRY STRAWBERRY** Blueberry, strawberry, vanilla ice cream, milk 45

## JUICES 40

**BLENDED JUICES** Lime / Mango / Papaya / Pineapple / Strawberry / Watermelon

**COLD PRESS JUICES** Apple / Tangerine

**BALI BREEZE** Pineapple, apple, lime, ginger

**ALKALISING GLOW** Kale, spinach, cucumber, green apple, pineapple, lime, mint

**VITAMIN SEA** Orange, carrot, lemon, turmeric, ginger

**BEET THE HEAT** Beets, ginger, cucumber, apple

## SMOOTHIES 55

**PACK-A-PUNCH** Spinach, avocado, banana, mango, ginger, yoghurt

**SEAS THE DAY** Mango, banana, pineapple, fresh bali coconut, yoghurt

**SUN KISSED** Dragon fruit, mixed berries, banana, yoghurt, vanilla essence

**CASTAWAY** Banana, cacao, cacao nibs, yoghurt, dates  
(+) SHOT OF ESPRESSO 10

# HAPPY HOUR 3 – 5PM

NETT PRICE

## CLASSIC COCKTAILS

70

**GIN & TONIC** Gin, tonic water

**RUM & COKE** Rum, coke

**VODKA SODA / CRANBERRY** Vodka, soda water, cranberry juice

**APEROL SPRITZ** Aperol, prosecco, soda, slice of fresh orange

**BLOODY MARY** Vodka, salt & pepper, tabasco, tomato juice

**BLUE LAGOON** Vodka, blue curacao, sweet sour mix, triple sec liqueur, sprite

**CAIPIROSKA** Vodka, lime wedges, brown sugar, soda water, lime juice

**CLASSIC / COCONUT MOJITO** Light rum, brown sugar, lime wedges / coconut meat, mint leaf, soda water

**CLASSIC MARGARITA** Strawberry / mango, tequila, orange liqueur, lime

**DAIQUIRI** Coconut / strawberry / mango, light rum, sweet sour mix

**ESPRESSO MARTINI** Vodka, espresso, coffee liqueur, a dash of cinnamon

**MOSCOW MULE** Vodka, lime, ginger syrup, spiced ginger, ginger ale

**NEGRONI** Dry gin, martini rosso, campari, slice of fresh orange

**SEX ON THE BEACH** Vodka, peach liqueur, orange juice, cranberry juice

**SWEET KISS** Rum, pineapple juice, cranberry juice, rose liqueur, lychee liqueur, sweet sour mix

**THE SUNSET** Vodka, pineapple juice, orange juice, cranberry juice, peach liqueur

**TEQUILA SHOT** La Chica

## WINES

### HOUSE WINES

Red - Organic Cabernet Sauvignon 45

White - Organic Sauvignon Blanc 45

Sangria by the glass 55

Sangria by the jug 350

### BEER & CIDERS

Bintang Pilsner Bucket (5 bottles) 150

Bintang Pilsner / Radler 35

San Miguel Light 35

Smirnoff Ice 40

Albens Cider Original 45

Lager KuraKura 55

Island Ale KuraKura 60

### SOFT DRINKS 25

Coca Cola

Diet Coke

Sprite

Ginger Ale

Soda Water

Tonic Water

### OTHERS

Henri's Ginger Beer (*non alcohol*) 45

Equil still / sparkling 25 / 30

Coconut whole / by bottle 35

## CLASSIC COCKTAILS

90

**GIN & TONIC** Gin, tonic water

**RUM & COKE** Rum, coke

**VODKA SODA / CRANBERRY** Vodka, soda water, cranberry juice

**APEROL SPRITZ** Aperol, prosecco, soda, slice of fresh orange **100**

**BLOODY MARY** Vodka, salt & pepper, tabasco, tomato juice

**BLUE LAGOON** Vodka, blue curacao, sweet sour mix, triple sec liqueur, sprite

**CAIPIRINHA** White rum, lime wedges, white sugar

**CAIPIROSKA** Vodka, lime wedges, brown sugar, soda water, lime juice

**CLASSIC / COCONUT MOJITO** Light rum, brown sugar, lime wedges / coconut meat, mint leaf, soda water

**CLASSIC MARGARITA** Strawberry / mango, tequila, orange liqueur, lime

**COSMOPOLITAN** Vodka, cranberry juice, orange liqueur

**DAIQUIRI** Coconut / strawberry / mango, light rum, sweet sour mix

**ESPRESSO MARTINI** Vodka, espresso, coffee liqueur, a dash of cinnamon

**LONG ISLAND** Vodka, rum, gin, tequila, triple sec, coca cola

**LYCHEE MARTINI** Vodka, lychee fruit, sweet sour mix

**MAI TAI** Light rum, dark rum, orange liqueur, pineapple juice

**MOSCOW MULE** Vodka, lime, ginger syrup, spiced ginger, ginger ale

**NEGRONI** Dry gin, martini rosso, campari, slice of fresh orange

**PINACOLADA** Light rum, coconut rum, pineapple, coconut cream

**SEX ON THE BEACH** Vodka, peach liqueur, orange juice, cranberry juice

## SIGNATURE COCKTAILS

100

**BOOTY CALL** Light rum, apple sour strawberry, framboise

**I WANNA GET LAID** Light rum, orange curacao, egg white, fresh pineapple

**IT'S OKAY TO BE THE BOSS** Vodka, cabernet sauvignon, black grape, blackcurrant

**SHOW ME WHAT U GOT** Dry gin, lavender tea, grapefruit juice, peach liqueur

**SWEET KISS** Rum, pineapple & cranberry juice, rose & lychee liqueur

**THE SUNSET** Vodka, pineapple juice, orange juice, cranberry juice, peach liqueur

## BEER & CIDERS

Bintang Pilsner Bucket (5 bottles) **150**

Bintang Pilsner / Radler **35**

San Miguel Light **35**

Smirnoff Ice **40**

Henri's Ginger Beer (*non alcohol*) **45**

Albens Cider Original **45**

Lager KuraKura **55**

Island Ale Kurakura **60**

## OTHERS

Marlboro Lights **50**

Lighter **10**

|                            | GLASS/BOTTLE | WINES                               | GLASS/BOTTLE |
|----------------------------|--------------|-------------------------------------|--------------|
| <b>VERMOUTH</b>            |              | <b>HOUSE WINES</b>                  |              |
| Martini Bianco             | 90           | Red - Organic Cabernet Sauvignon    | 75           |
| Martini Dry                | 90           | White - Sauvignon Blanc             | 75           |
| Martini Rosso              | 90           | Sangria by the glass                | 80           |
|                            |              | Sangria by the jug                  | 400          |
| <b>RUM</b>                 |              | <b>RED WINES</b>                    |              |
| Captain Morgan White       | 90 / 750     | Black Velvet Sababay                | 55 / 250     |
| Captain Morgan Spiced Gold | 90 / 800     | Rothbury Estate Shiraz Cabernet     | 385          |
| Malibu                     | 90 / 1.500   | Tierra Del Fuego Cabernet Sauvignon | 385          |
|                            |              | Don Alejandro Cabernet Sauvignon    | 450          |
| <b>TEQUILA</b>             |              | 19 Crimes Blend                     | 495          |
| La Chica                   | 90 / 1.250   | <b>WHITE WINES</b>                  |              |
|                            |              | Cape Discovery Sauvignon Blanc      | 55 / 250     |
| <b>WHISKEY</b>             |              | Rothbury Estate Sauvignon Blanc     | 385          |
| Label 5                    | 90 / 1.250   | Rothbury Estate Shiraz Chardonnay   | 385          |
|                            |              | Tierra Del Fuego Sauvignon Blanc    | 385          |
| <b>VODKA</b>               |              | Don Alejandro Sauvignon Blanc       | 450          |
| Smirnoff                   | 90 / 750     | <b>SPARKLING</b>                    |              |
| Grey Goose                 | 100 / 1.600  | Moscato Sababay                     | 75 / 350     |
| Belvedere                  | 120 / 1.800  | Sparkling Brut Cape Discovery       | 75 / 350     |
|                            |              | <b>CHAMPAGNE</b>                    |              |
| <b>GIN</b>                 |              | Montaubret                          | 995          |
| Gibson                     | 90 / 950     | Pommery 750ml                       | 1.200        |
| Bombay Sapphire            | 130 / 1.850  |                                     |              |
| Hendrick's                 | 150 / 1.950  |                                     |              |
| <b>APPERITIVE</b>          |              |                                     |              |
| Campari                    | 100          |                                     |              |
| Apperol                    | 100          |                                     |              |
| Pernod                     | 100          |                                     |              |
| Ricard                     | 100          |                                     |              |
| <b>LIQUOR</b>              |              |                                     |              |
| Vaccari Sambuca            | 100          |                                     |              |
| Baileys                    | 100 / 1.500  |                                     |              |
| Kahlua                     | 100 / 1.500  |                                     |              |
| Jagermeister               | 100 / 1.750  |                                     |              |
| <b>BOURBON</b>             |              |                                     |              |
| Jack Daniel's              | 100 / 1.500  |                                     |              |
| Jim Beam                   | 100 / 1.500  |                                     |              |
| <b>SCOTCH</b>              |              |                                     |              |
| Chivas Regal 12YO          | 1.800        |                                     |              |
| JW Black Label             | 140 / 2.000  |                                     |              |
| <b>SINGLE MALT</b>         |              |                                     |              |
| Macallan 12YO              | 3.500        |                                     |              |