

# EAT ME

## BREAKFAST

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

(+) 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, strawberries, banana, nut butter, vanilla, topped with strawberry, granola, banana, chia, coconut flakes	<b>65</b>
<b>BRAVEHEART</b> Banana, peanut butter, cocoa powder, dates topped with strawberry, granola, banana, coconut flakes	<b>65</b>
<b>ANCHORMAN</b> Spinach, avocado, banana, mango, ginger, lemon, topped with strawberry, granola, banana, coconut flakes	<b>65</b>
<b>THE HAPPY BOWL</b> Acai bowl, banana topped with strawberry, granola, banana, coconut flakes	<b>75</b>

(+) 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
Mozzarella cheese, sour cream, guacamole, 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 cappuccino	30 / 35
Hot / ice latte	30 / 35
Hot / ice matcha 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
Red Bull	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