

Breakfast

Freshly delicious

Homemade chia pudding

- with coconut milk, organic honey, infused with fresh passion fruit, topped with tropical fruits and roasted cashew

Smoothie Bowl

- mixed berries, banana, pineapple, homemade cinnamon & organic honey toasted muesli with dragon fruit, marinated with ginger and lime

Raw porridge

- marinated overnight with coconut water & cashew milk, mixed with diced tropical fruits, roasted coconut and organic honey lime dressing

Pancakes

- plain
- with organic honey or local palm sugar
- with chocolate
- Tropical – with coconut milk & banana
- with tropical fruits – mango (seasonal), banana, pineapple



Hearty Breakfast

Creamy Scramble tofu and tempeh

- served with grilled tomato, sautéed local spinach, shitake mushroom and golden brown gluten free toast

Sweet Potato and red organic rice mini pikelet

- topped with tropical fruit salad marinated with passionfruit coulis drizzled with organic honey

Three mega white Fluffy omelette (yolk also available)

- with sautéed moringa, paprika, onion, tomato, shitake mushrooms and roasted sesame pumpkin (cheese optional) served with golden brown mini bite potato

Something local

- Red organic rice sautéed with local spinach, onion, golden brown sesame seeds, roasted coconut, tempeh topped with local tomato sambal sauce

Lunch

Bowl of Goodness

Mixed grilled vegetables
with fresh garden salad, roasted chia seeds, golden brown
roasted coconut with a fresh mustard & balsamic vinaigrette

Organic red rice salad
sautéed with local spinach, infused with garlic lime zest,
served on a bed of fresh mixed crunchy garden salad with
Balinese local herbs

Roasted pumpkin, apple & spinach salad
roasted sweet pumpkin, thin slices of local green apple,
sautéed local spinach, sultana & roasted sesame seeds, mixed
with organic steamed baby beans with creamy cashew &
mint dressing

Selection of delicious toasty toppers

(please ask for our selection of breads available)

Grilled tofu & spicy marinated tempeh
with homemade tomato & onion chutney

Mixed grilled vegetables
with creamy homemade pesto sauce & fresh rocket salad

Sweet potato & mixed herbs patties with homemade sweet
chilli jam



Simply Raw

Thai mixed vegetables
- locally grown fresh vegetables with a mild creamy cashew
& green curry sauce, topped with pumpkin & chia seeds

Spicy cucumber delight rolls
- filled with nutty mixed seeds, a combination of fresh
Balinese herbs and creamy garlic & lime smoky tahini sauce

Organic Salad Bowl
- combination of mixed organic salad, thin sliced green apple,
grated beetroot, carrots, bean sprouts, organic baby green
beans, a hint of lime & ginger drizzled with orange & cashew
dressing

Delicious nutty dips
served with thinly sliced fresh garden vegetables

- Coconut, tomato, orange & sesame, cucumber, mint &
cashew

Dinner

Simply Raw

Fresh spicy Mexican tomato
filled with diced mixed vegetables, marinated with garlic,
tahini & coconut sauce

Crunchy vegetables & nutty mixed seed
with creamy cashew-pesto sauce

Aromatic ratatouille
infused with local Balinese herbs, tomato & basil sauce

Something Local

Gado-Gado (famous Indonesian Dish)
Steamed local vegetables with tofu with a creamy
peanut sauce

Balinese yellow tempeh & tofu curry
Local Balinese spices with fresh turmeric, cooked with a
creamy coconut sauce & served with organic red or
white rice



Delightful and substantial

Roasted pumpkin & spinach mild green curry
with homemade green curry paste, cooked with creamy
coconut milk & served with Balinese aromatic yellow rice

Stir fried organic vegetables
organic baby green beans, shitake mushroom, paprika,
coriander, cashew nuts served on a bed of lime zest infused
organic red rice

Homemade vegetarian fettucchini pasta
with creamy homemade pesto sauce, topped with grilled
cherry tomato

Roasted sweet paprika
Filled with herbs spiced organic red rice, sautéed onion with
creamy tomato & mushroom béchamel sauce, topped with
roasted coconut. Served with fresh garden salad