

GF gluten-free
V vegan

MENU

ALL-DAY BREAKFAST

Banana Passion Fruit Stack 37

Our signature banana bread topped with house-made organic peanut butter, fresh strawberries, banana, raw honey & toasted seeds, topped with house-made passion fruit jam & vanilla yoghurt.

Fluffy Cassava Pancakes **GF** 43

Made with cassava flour, banana, palm syrup, caramelized pineapple & fresh lime.

Delicious Hot Oatmeal **V** 38

Oats with fresh coconut milk, palm syrup, homemade apple wraps, dates & kenari nuts.

Breakfast Bowl with Granola 49

Fresh seasonal fruits, local yogurt, activated almonds & our homemade granola.

V **GF** with homemade coconut yogurt & roasted seeds.

The Ultimate Organic Fruit Salad **GF** **V** 35

Fresh seasonal local organic fruits with activated almonds

FRESHLY BAKED BREAD SELECTION

NEW YORK STYLE BAGELS :

Plain, Multigrain, Garlic

PLAIN BUN

CHARCOAL BUN

COUNTRY BREAD

BROWN BREAD

SUNSHINE LOAF **GF** **V**

EGG DISHES

Change for Organic Duck Egg +4

Pump your protein & healthy fats intake with our organic duck egg in place of our chicken egg!

Avocado Smash 60

Baby peas, feta cheese, sprouts, toasted seeds with Bali Buda Sweet Sambal and poached eggs, served on fresh home-baked bread.

V with crispy tofu, our homemade vegan cheese & gluten-free sunshine loaf **GF**

Crispy Hash Brown 59

A huge crispy hash brown, served with beef rasher, poached egg, green beans, cherry tomato & avocado, with a side of our homemade Sambal Hijau and Tomato Ketchup

2 Eggs Any Style 25

Served with your choice of daily fresh bread

Cheese & Herbs Omelette 38

Served with a side of cheesy herbed crumbs & your choice of fresh bread

Big Monster Breakfast 80

Beef rasher, chicken sausages, grilled tomato, 2 eggs your style & your choice of fresh bread

Paleo Plate 58

Beef rasher, avocado, seasonal vegetables, our homemade Bali spiced sauerkraut & 2 eggs your way!

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SMOOTHIE BOWLS

Tutti-Frutti Bowl 58

Seasonal fruits & yogurt smoothie, topped with fresh fruits, homemade granola, coconut flakes and black sesame.

GF V with coconut yogurt & roasted seeds

Supercharger Bowl 48

A hearty blend of banana, our homemade organic peanut butter, oats, dates & coconut, topped with fresh local fruits & house-made granola

GF V with roasted seeds

SALADS

Earth Bowl **V** 48

Roasted pumpkin, sweet potato, carrots, apple, organic greens, pickled beetroot, Bali Buda spicy kraut-chi, sprouts & lentils, served with our house-made hummus, sambal & fresh herbs

Bali Buda Bowl **GF V** 48

Beetroot, carrots, bean spouts, tomatoes, cucumber, sunflower and pumpkin seeds, and organic garden greens, served with GF Sunshine bread

Lean Green Bowl **GF V** 48

Ancient grains, kale, grilled broccoli, green beans, toasted almonds, mixed seeds, goji berries, avocado, house coconut bacon & herbed tahini dressing

Ayomayo Salad 65

Probiotic chicken with spiced vegan mayo, on a bed of fresh salad with kale, sunflower seeds, pepito seeds & our homemade pita bread

SANDWICHES & WRAPS

Green Pea Falafel Wrap **GF** 45

Green peas & chickpeas falafel, organic salad, our homemade aubergine and beetroot hummus in a red rice wrap

Chicken Curry Pita 60

Probiotic chicken and our special Bali Buda curry with mayonnaise, raisins, cashew nuts & fresh organic greens, inside our homemade Turkish pide

Grilled Cheese Sandwich 26

Butter and cheddar cheese melting between 2 slices of brown bread

Breakky Burrito **GF** 37

Spiced tofu scramble, our favorite house-made Hummus, apple slaw, our Bali-spiced sauerkraut, salsa & avocado in a red rice wrap

Pesto Chicken Wrap **GF** 48

Probiotic chicken, homemade pesto dressing, bean sprouts & organic salad in a red wrap

Fresh Spring Rolls **GF V** 32

Fresh organic salad, rice noodles, herbs & GMO-free tofu wrapped in rice paper

**Ask for our
house-made dressings !**

Blueberry • Vinaigrette • Yomiso

Pesto • Chili & Garlic oils

Gomashio Spirulina

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EXTRAS TO BOOST YOUR MEALS!

Chicken / Duck Egg	6-8
Beef Rasher (3 slices)	20
Chicken Sausage 1pc	7
Probiotic Grilled Chicken	30
Half an Avocado	20
Herbed Smashed Peas	15
Baked Organic Sweet Potato	29
Hash Brown 1pc	18
French Fries	22
A slice of Bread	5-7
Rice (white/brown/red)	10-12
Marinated Crispy Tofu	22
Plain Tofu (fried/grilled/steamed)	5
Roasted Vegetables	18
Sauteed Mushrooms	12
Crunchy Slaw	8
Homemade Granola	12

SPREADS & CONDIMENTS

Homemade Smooth Hummus GF V	15
Choose between Classic Chickpea or Roasted Beetroot	
Aubergine GF V	11
eggplant, garlic & spices	
Fresh Mexican Salsa GF V	7
fresh tomato, onion, coriander, cumin, lime and Bali sea salt	
Guacamole GF V	25
fresh avocado, fresh tomato, onion, cumin, lemon and Bali sea salt	
Homemade Sambal Selection GF V	9
Choose between Hot, Sweet or Green Chilli	
Homemade Fermented Condiments GF V	7
Choose between Bali Spiced Sauerkraut or Spicy Kraut-chi	
Cream Cheese GF	15
Choose between plain, sundried tomato or roasted garlic	
Add plain Bagel	+10
Organic Peanut Butter GF V	9

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BALI BUDA MAINS

Gourmet Burgers 59

choose from chicken or bean patty.
Topped with mayonnaise, homemade pickled cucumbers & fresh veggies, with a side of organic salad or homemade fries, plain or charcoal bun

GF Almond Bun **GF** +29
with almond, butter, cheese & eggs

Bali Buda Tacos **GF** 50

Hard shell tacos to fill with refried beans, fresh veggies, guacamole, salsa, cheddar & spiced yoghurt

Zucchini & Parmesan Fritters 59

Two yummy melt-in-your-mouth zucchini parmesan fritters, served with poached egg, feta cheese, baby peas, mixed herbs & our home-made beetroot relish and natural yogurt

Bibimbap **GF** 55

Brown rice, sauteed spinach, zucchini, carrots, mixed mushroom, sprouts, egg & beef rasher, served with our spicy kraut-chi & Bali Buda hot sambal

V with crispy tofu & marinated coconut chips

Grilled Chicken Plate 45

Using probiotic hormone-free chicken, served with a side of mix salad, hand-cut fries, mayo & our homemade tomato ketchup

FRESH HOMEMADE PASTA

Salsa Pomodoro 60

an Italian mother's special tomato sauce recipe with Grana Padano cheese (choose between spaghetti & fettuccine)

Creamy Homestyle Mac & Cheese 60

served with cheesy herbed crumbs and a side of crunchy coleslaw

Scrumptious Pumpkin Ravioli 50

Delicious homemade pumpkin ravioli in herbed butter

Vegetarian Lasagna 55

Homemade pasta with fresh vegetables & bechamel, baked into delicious goodness

PIZZA

Pizza Pepperoni 79

Mozzarella, beef pepperoni & parmesan

Pizza Fondue 79

Parmesan, mozzarella, feta cheese & cream

Pizza Margherita 65

Parmesan, mozzarella, oregano & olive oil

Pizza Spinaci 79

Mozzarella, spinach, feta cheese, onion & parmesan

Pizza Jungle Chicken BBQ 89

Homemade BBQ sauce, parmesan, roasted pineapple & our probiotic chicken

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INDONESIAN TRADITIONALS

Our tofu is made from GMO-free soybeans.

Vegan Nasi Campur **GF** **V** 41

Traditional Balinese style, with grilled coconut sprouts, tofu, greens, sambal matah & red rice

Soto Ayam Baru 65

One of the many versions of Indonesian Chicken soup - this is our favorite!
Our probiotic chicken, noodles, egg, coconut cream, lemongrass and special spices

Tofu & Cashew Curry 68

Tofu, fresh veggies, chickpeas and crunchy cashews, in a mild curry, served with brown rice & a dollop of raita

Gado-Gado **GF** **V** 38

Freshly steamed vegetables with steamed rice cake & a mild spicy peanut sauce on the side

Vegetarian Nasi Goreng **GF** 38

Fresh vegetables stir fried with brown rice, served with a tofu & veggie satay & fried egg

SOUL SOUPS

Served with homemade focaccia bread or any choice from our fresh daily bread selection

Sunshine Lentil Stew 41

with carrot, pumpkin, brown rice & yogurt

Superfood Minestrone 41

Fresh vegetables, quinoa & parmesan in our homemade tomato base soup

Miso Soup **GF** **V** 34

A healthy homemade Japanese traditional full of enzymes, served with GMO-free tofu & mushrooms

Purple Sweet Potato **GF** **V** 39

Nutrient rich local purple sweet potato with a gentle blend of aromatic spices, our home made coconut yogurt & a side of herbed smashed peas

Lightly Spiced Pumpkin **V** 41

Pumpkin, onion, garlic & leek

FRESH BAKERY SELECTION

Delicious Quiches	29
choose from sundried tomato or cheese	
Samosa	20
choose from cheese or vegetable	
Spanish Potato Pie GF	22
Soft Pretzel	7
Mini Calzone	26
Muffins - choose from almond & banana, blueberry or feta & spinach	20
GF Muffin GF	20
Sticky Cinnamon Roll	22

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DESSERTS

Carrot Cake	24
Chocolate Mud Cake	27
American Apple Crumble Pie V	27
Nuts & Chocolate Bar GF V	20
Ubi Cilembu Pie GF V	28
Coconut Passion Fruit Pie GF	14
Chocolate Mousse Cake GF	27
Caramel Strawberry Fudge Tart	26
Vegan Lemon Tart V	22
No-Bake Mix Berry Cheesecake	50
Super Chocolate Brownie	13
Butterscotch Bar GF	17
Crazy Superfood Chocolate Dream Cake GF	35
Caramel Cashew Pie	24
Pandan Custard Slice GF	29

RAW VEGAN DELIGHTS **GF V**

Raw Chocolate Pudding Pie	27
Energy Ball	18
Fruity Spirulina - Minty Spirulina - Cardamom Pineapple Goji - No Bake Brownie Peanut Butter	

COFFEE

Rice/ Coconut Milk Substitute	+5
Nut Milk Substitute	+20
Espresso or Macchiato	21
Cappucino	31
Cafe Latte	32
Americano	27
Pot of Organic Bali Coffee	19
Bulletproof Coffee	28
espresso with grass-fed butter & virgin cold pressed coconut oil to revive the mind & body	
Flat White	32
Mocha	31
Add extra espresso shot	+10

FRESH NON-DAIRY MILK **V**

	by the glass	500ml
Red Rice Milk	16	24
Brown Rice Milk	16	24
Almond Milk	30	48
Cashew Milk	30	48

OUR ALL-TIME FAVE!

Indian Spiced Chai 33

Ayurvedic Golden Latte 33

soothing and immune-boosting
turmeric with coconut milk

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SUPER HEALTH SMOOTHIES

Raw Cacao Smoothie 32
Organic raw cacao, banana, raw honey & rice milk

Super Berry 42
Raspberry, blackberry, cranberry, mulberry, vanilla yogurt, coconut water & raw honey

Green Superfood Smoothie 32
Papaya, apple, banana, spirulina, maca & ginger

Mega Magnesium Smoothie 42
Banana, avocado, avocado seed, vanilla yogurt, dates, rice milk, kale, cacao beans & cacao powder

Austin Heartbeet Smoothie 35
Banana, beetroot, avocado, pineapple, ginger & raw honey

SUPER HEALTH DRINKS

Goji Tumeric Super Duper 45
Goji berry, fresh turmeric, tamarind, lime, black pepper & raw honey

Detox 32
Lime, raw honey, aloe vera & ginger with your choice of mint or cayenne

Guava Bliss 30
Organic Bali guava, coconut water, raw honey, lime & ginger

Cleansing Drink 33
Passion fruit, ginger & raw honey

Fresh Whole Young Coconut 16

HEALTHY DRINKS

Pure Juices 31
choose any combo up to 3, from: beetroot, carrot, orange, tangerine, ginger and celery

Fresh Juices 26
choose any combo up to 3, from: pineapple, papaya, avocado, banana, mango, passion fruit

Natural Sodas 24
choose any combo up to 3, from: plain, lime, tamarind, ginger, citrus or mint

Natural Lemonades 22
choose any combo up to 3, from: lime, tamarind, ginger, citrus or mint

HOUSE-MADE KOMBUCHAS

	350ml	500ml
<i>Green Tea</i>	19.5	32
<i>Rosella</i>	19.5	32
<i>Chrysanthemum</i>	19.5	32
<i>Queen Mangosteen</i>	19.5	32
<i>Spiced Apple Rooibos</i>	19.5	32

SUPER HEALTH SHOTS

Homemade Apple Cider Vinegar 10

Papaya Leaf Juice
Shot 15
Bottle 500ml 25

ADD A SERVING OF SUPERFOOD

<i>Spirulina</i>	17
<i>Flaxseed</i>	15
<i>Ground Raw Cacao</i>	15
<i>Turmeric powder</i>	15
<i>Chia Seeds</i>	15

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