



KANTIN



Hearty vegetarian Breakfast

Fluffy Scrambled Eggs

Served with sautéed spinach, grilled tomato, shiitake mushrooms and golden brown toasted sesame moringa onion gluten free bread.

55

Mega Omelette

With tasty cheese, tomato, paprika, local spinach, potato & beans sprout. Serve with tomato sambal.

60

Creamy Scrambled Tofu and Tempeh

with fresh homemade pesto sauce, Side sautéed organic baby green beans, and roasted sweet potato.

50

Toasted Gluten Free Roasted Pumpkin and Chia Bread

Topped with fresh ricotta cheese, poached apple and cinnamon, drizzled with fresh lime and passionfruit. (3x slices) served with side slices of tropical fruits.

55

Savoury Toasted Sourdough

Topped with pumpkin, spinach, corn patties, creamy cashew paprika dressing and caramelised onion.

55

Light breakfast

Smoothie Bowl

A medley mixed of fresh berries, pineapple, banana, dragon fruits and honey-drizzled and homemade toasted muesli

55

Chia Pudding

Health laden chia seeds, marinated with passionfruit, light coconut milk, organic honey and topped with seasonal tropical fruits.

45

Homemade Toasted Muesli

Roasted coconut, sultana, cinnamon topped with diced green apple and banana. Serve with warm coconut milk and organic honey.

45

Decadent Fruit Bow

Mixture of tropical Bali fruits, mixed nuts, roasted coconut, topped with creamy passionfruit yogurt and side organic honey

50

Paleo breakfast

Energized Plate

Slices of fruits, mixed nuts, cranberries, creamy scrambled eggs and sweet potato spinach patties.

60

All About Me

Grilled pesto chicken, boiled eggs, grilled banana, sautéed spinach and mushrooms sprinkled with roasted sunflower seeds.

65

Grilled Vegetarian Frittata

Diced of mix potato and sweet potato, zucchini, pumpkin, paprika, organic green beans, roasted coconut, topped with mild roasted tomato and garlic coulis.

50

Pick Me Up

Sweet roasted pumpkin topped with sautéed spinach, roasted sesame seed, sautéed mushrooms, roasted baby tomato and poached thin slices of chicken breast drizzled with green curry creamy cashew sauce.

65

Decadent Everyday Breakfast

French Toast

Layers of aromatic cinnamon toast topped with caramelised banana, poached apple and berry compote drizzled with salted caramel and coconut cream (is to die for!!!!)

50

Egg Benedict

With the choice of (ham or bacon) on a toasted muffins. Topped with sautéed spinach and creamy fresh made coconut hollandaise sauce

75

Plate of Choices

Cashew and ginger dip, olives, ricotta and onion dips, yogurt, mint, coconut, moringa dips accompanied with golden brown sesame onion toast and sides quail eggs.

60

Traditional bacon eggs & Spanish sausage

Served with grilled tomato, crunchy potato bites, side toasted sour dough breads and tomato, basil chutney.

79



Sandwich That's Feels Good!!!

Fresh or toasted available.

Selection of bread

- Sourdough • Nutty brown
- Panini Sesame, coconut and moringa bread (gluten free)
- Onion and olives (gluten free)

Gluten free bread **extra 10**

Pesto Chicken

Grilled paprika, sautéed onion, thin slice pine apple, lettuce, tasty cheese, roasted pumpkin and mayo.

59

Sweet Potato and Lentil Patties

With rockets, sweet chilli sauce, Feta cheese, sautéed apple, creamy coconut sauce

50

Garlic and Lime Fresh Tuna

Pan fried tuna with garlic and lime juice, mayo, capers, pickle cucumbers, egg, Spanish onion, roasted sesame and lettuce.

60

BBQ Fillet of Pork

Marinated of fillet of pork, shallow pan fried, grilled sweet potato, lettuce, passion fruit coulis, and sautéed onion

60

Moroccan Mixed Grilled Vegetables

Sour cream, chives, mint leaves, with red beans paste.

50

Something Crazy!!!

Cashew butter, fresh apple, candied orange, tasty cheese, Spanish onion, pickled cucumber, and rockets.

55

Creamy Curry Egg

Tasty cheese, Spanish onion, rockets, mayo

40

Smoked Salmon

Avocado, sour cream Spanish onion, Pickled cucumber, capers and rockets. **70**

Traditional Smoked Ham

Tasty cheese, thin slices of fresh tomato, pickle cucumber, seeded mustard, garlic mayo, lettuce, and pineapple.

60

Something more substantial

Pies from Pie Lady

all served with garden salad and homemade chutney

- Steak and pepper
- Chicken and leek • Spinach and feta
- Potato leek and feta

Vietnamese rice paper rolls

with rice noodles, roasted pumpkin, paprika, coriander, grilled tofu, and sweet chilli sauce and Avocado

Vietnamese rice paper roll

with rice noodles, avocado, mix salad, coriander, peanut And sweet chilli sauce

Mouth- watering Green Curry

Packed with fresh chunky vegetable all simmered in rich creamy green coconut sauce and served with organic steam red rice (also chicken, Tuna, Vegetarian)

Aromatic Stir Fry Pork Tenderloin

Marinated with soy ginger and served with organic baby green beans, basil, cashew and side organic red rice.

Juicy Beef Burger

With homemade tomato sambal sauce and aioli mayonnaise, melted tasty cheese and served with sweet potato crisp.

Tender Beef or Vegetarian Lasagna

Served with organic green salad, Gluten free available.

Stir Fry Rice Noodles

Aromatic rice noodles with aromatic local basil, mix organic vegetables, paprika, coriander, tofu, beans sprouts. (chicken available)

Gnocchi

Spinach and pumpkin cooked with fresh creamy pesto sauce topped with local feta cheese.

Fettuccini Pasta

With creamy mushrooms mustard sauce, topped with grilled baby tomato, sprinkled with fresh Parmesan cheese. (chicken available)

Sicilian Traditional Meatballs

Cooked with rich creamy roasted tomato, paprika, mix Balinese herbs, served with nutty steam organic red rice.

V 55 C 65 B 75



Beverages

- Cappuccino • Flat white
- Café latté • Long black

20

Hot chocolate

25

Ice coffee, chocolate or
latte available

30

Hot Teas 20

- Lime and lemongrass • Moringa
- Ginger and fresh peppermint
- Jasmine • Green tea
- Java black tea • Spicy chai tea

Fresh Juices 30

- Papaya, watermelon and lime
- Apple, cucumber, carrots and ginger
- Beetroot, turmeric and pineapple
 - Green juice (apple, lime, Cucumber and coriander)
- Banana and passion fruit

Smoothies 39

- Avocado and coffee
- Mix berry and cashew
- Mango and coconut • Passionfruit
- Banana, pineapple, coconut

Flavour Kefir

- Mango • Mix berry • Passion fruits
- 40 per glass

Soup

Moringa Soup

Cooked with creamy roasted tomato, fresh coriander, ginger, red paprika, with hint of turmeric

Roasted pumpkin, creamy sweet potato and spinach

Chicken Rice Noodles and Vegetables Soup

Cooked with mixed organic vegetables, hint of fresh ginger, topped with crunchy aromatic fried onion, lime zest, and slices of boiled eggs.
(Vegetarian Available)

M 55 V 40

All soup are served with
mini gluten free sesame rolls

Light and Summery Decadent Salad

Apple Delight

Thin slices of local green apples, carrots, baby tomato, cucumber, pineapple, mint leaves, roasted sweet potato, lettuce, roasted coconut and slices of boiled eggs. Serve with tangy ginger balsamic vinaigrette.

59

Crazy Delicious

Roasted pumpkin, lettuce, steam baby green beans, golden brown roasted sesame seeds, shallots, coriander, carrots, roasted green peas, topped with creamy light coconut seeded mustard sauce.

59

Red Velvet

Mixed beet, carrots, watermelon, radish, sultana, roasted peanuts, thin slices of baby green beans, drizzled with light green curry dressing

59

Crunchy Bowl

Sautéed organic red rice, mixed seeds, roasted mix vegetables, coriander, lime zest, natural probiotic thin slices kombucha jelly topped with caramelised onion. Served with ginger sesame and pineapple dressing.

65

Warm and Delish

Pumpkin croquettes with tofu breaded with roasted coconut, sesame seeds, shallow pan fried till golden brown. Mix with fresh colourful garden and seasonal fruit salad topped with roasted sunflower seeds. Serve with lime and tangy coconut dressing on side.

59

Nutty Bowls

Mixtures of delicious energetic nuts, cranberries, fresh garden mix salad, red onion, parsley, mint leaves, celery, pine apples, roasted sweet potato, topped with feta cheese and serve with creamy cashew dressing and sprinkled with lime zest.

70

Decadent Bowl

Local lentils, red beans, roasted garlic, steamed broccoli and organic baby beans, golden brown gluten free crunchy fatoush, quail eggs, mix fresh garden salad, topped with roasted sesame And chia seeds served with roasted pumpkin and paprika vinaigrette dressing

69

All our salad are big serving that will satisfy your nutritious desire.

Carefully design with a balance requirement that your body needs.

Grilled chicken, Smoked salmon, Tuna, or high quality smoked ham can be added.

C 15 S25 T20 H12
for 150 grams





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