

Breakfast

<div><div>VG</div><div>GF</div></div>	<b>Tropical Fruit Platter</b> Fresh, assorted seasonal fruits from the island, bursting with antioxidants, vitamins and fibers.	25k
<div><div>VG</div><div>GF</div></div>	<b>Pumpkin Pancake</b> A gluten free pumpkin pancake, topped with blueberry sauce, cinnamon palm nectar and caramelised pineapple.	55k
<div><div>VG</div><div>GF</div></div>	<b>Oat Porridge</b> A fiber-rich porridge to maximize your heart health. Made from rolled oats, cooked in homemade coconut milk and enriched with walnuts, raisins, apple cinnamon compote and crunchy homemade granola.	55k
<div><div>VG</div><div>GF</div></div>	<b>Yellow Goddess Smoothie Bowl</b> Mango, banana, turmeric, young coconut, cashews, cardamom and nutmeg smoothie topped with fresh fruits, chia seeds and our home-made granola.	65k
<div><div>VG</div><div>GF</div></div>	<b>Bircher Muesli</b> Rolled oats soaked in coconut milk, served with sprouted almonds, chia seeds, raisins, cinnamon, apple and topped with strawberry compote.	55k
<div><div>VG</div><div>GF</div></div>	<b>Quinoa Bubur Bali</b> A classic, Balinese style porridge made with quinoa (instead of rice), cooked in exotic healthy herbs and served with local vegetables, urab style, and a special Balinese sauce.	65k
<div><div>GF</div></div>	<b>Egg Benedict</b> 2 poached eggs on a bed of sautéed spinach and gluten free chapati bread, rounded off with our special homemade hollandaise sauce and served with roasted tomato.	65k
<div><div>GF</div></div>	<b>Egg White Frittata</b> A healthy omelette with mixed green herbs, paprika, sautéed spinach and roasted tomato, served with gluten free chapati bread and a dash of our home-made jam.	65k

<div><div>GF</div></div>	<b>Zucchini Omelette</b> Omelette with zucchini, onions and parsley, served with mixed salad, roasted tomato, gluten free chapati bread, a vitamin-rich chutney, butter and a dash of our home-made jam.	60k
<div><div>GF</div></div>	<b>Chickpea Omelette</b> A healthy vegan omelette made from chickpea, paprika, tomato, spring onions and served with sautéed spinach, roasted tomato and gluten free chapati bread. Rounded off with a vitamin-rich chutney.	60k
<div><div>VG</div><div>GF</div></div>	<b>Tofu Spinach Scramble</b> Sautéed tofu mixed with spinach, onion, garlic, carrots, roasted pumpkin and sunflower seeds and served with gluten free chapati bread, roasted tomato, butter and a dash of our homemade jam.	55k

Soup & Salad

<div><div>VG</div></div>	<b>6 Treasure Rasa Platter</b> Choose between grilled, steamed or raw assorted seasonal vegetables (jicama, cucumber, choko, carrots, beets, spinach, pumpkin, green beans). Served with our enzyme-rich super healthy chutneys, each representing one of the six tastes, and cooked chickpea usli.	65k
<div><div>VG</div></div>	<b>Hearty Salad Cups</b> Lettuce cups filled with fibre-rich, spiced kidney beans, tomato salsa, fresh cilantro, crispy moringa tempe and topped with a refreshing lemon basil dressing.	60k
<div><div>VG</div><div>GF</div></div>	<b>Garden Salad</b> Lettuce, rucola, medicinal leaves (gotukola, ginseng), jiccama, carrots, paprika, cucumber, roasted pumpkin seeds, vegan herbal feta, served with a olive oil herb vinaigrette.	60k
*Add avocado +20k      *Add roasted sesame ginger tempe +15k		

Soul Food Soup

<div><div>VG</div><div>GF</div></div>	<b>Carrot Chili Pesto</b> A delicious carrot soup with a chili, basil, olive oil twist - nourishing and very satisfying.	45k
<div><div>VG</div><div>GF</div></div>	<b>Young Papaya Kidney Bean</b> A hearty and strengthening soup, blended with traditional Balinese spices, enzyme - rich young papaya and rounded off with coconut milk. Supports digestion.	40k
<div><div>VG</div><div>GF</div></div>	<b>Sweet Potato Spinach</b> A velvety-smooth vegetable soup full of immune-boosting spices. Light and super healthy.	40k
<div><div>VG</div><div>GF</div></div>	<b>Curried Pumpkin</b> Curry-spiced pumpkin soup with a delightful flavour to satisfy your palate and nourish your body.	40k

Mains

Based upon the Ayurvedic principle that food is medicine, all ingredients are carefully selected and combined to create delicious and nourishing dishes that satisfy you but won't leave you feeling heavy. We use a lot of wild grown foods that offer more vitamins, minerals and trace elements that enhance your immunity.

All dishes are served with: mashed turmeric, mustard seed and curry leaf tapioca OR red / brown / yellow rice

Ayurvedic Health Boosters

<div><div>VG</div><div>GF</div></div>	<b>Tapioca Leaf Stew</b> Tapioca leaves gently simmered in coconut milk with cooling lemongrass and turmeric, kencur, garlic and coriander. Rich in calcium, antioxidants and good for immune support.	50k
<div><div>VG</div><div>GF</div></div>	<b>Taro Leaf Daal</b> A creamy dal with colocasia leaf, kidney beans, lemon juice and spices. Full of plant based calcium and iron.	55k
*Add sweet potato chapati +15k / piece		

<div><div>VG</div><div>GF</div></div>	<b>Banana Blossom Curry</b> An exotic low-calorie curry made from banana flowers and mung beans, slowly simmered in coconut milk and enriched with immune boosting Balinese spices. Touched up with kefir lime and lemon basil. A great natural hormone balancing dish for men and women.	55k
<div><div>VG</div><div>GF</div></div>	<b>Moringa Leaf Stir-Fry</b> This superfood dish, cooked with adzuki beans and grated coconut is packed with vitamins and spices for extra flavour. Served with beetroot rasam and mango pickle.	60k

Ayurvedic Super Food Bowls

Nourishing, well-balanced and easily digestible dishes, specially formulated to help balance your dosha.

<div><div>VG</div><div>GF</div></div>	<b>Vata Bowl</b> A simple and grounding dish with roasted sweet potato, roasted pumpkin, choco, special spiced rice, sautéed mung beans, wilted greens, all topped with a sesame tarragon dressing.	55k
<div><div>VG</div><div>GF</div></div>	<b>Kapha Bowl</b> A low calorie dish made from chickpeas, grilled eggplant, wilted greens, roasted shredded cabbage served with a tomato coconut chilli chutney and a cucumber salad.	55k
<div><div>VG</div><div>GF</div></div>	<b>Pitta Bowl</b> A substantial meal with roasted pumpkin coconut rice, chickpeas, cucumber - coconut rolls and a mixed green salad, served with a dill olive oil lemon dressing.	55k

Ayurveda Inspired International Cuisine

Try our Ayurvedic interpretation of popular international dishes.

<div><div>VG</div><div>GF</div></div>	<b>Mexican Hearty Burrito</b> Burrito with kidney beans, salsa, lemon rice, avocado and salad, topped with a paprika cashew cheese sauce. Served with taro chips and avocado dip.	55k	*Gluten-Free naked Burrito	60k
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<div><div>VG</div><div>GF</div></div>	<b>Mediterranean Vegetable Kofta</b> Veggie balls (Koftas) made from pumpkin, chickpea, cabbage and herbs, simmered and served in a creamy non-dairy curry sauce. Comes with chapati or dosa. An amazing keto, low carb dish.	60k
<div><div>VG</div><div>GF</div></div>	<b>Mexican meat-free Tacos</b> Tacos made from taro, sweet potato and herbs, filled with meaty jackfruit, mashed mung beans, salad and salsa, topped with a mildly spiced cashew - lemon- basil cream.	60k
<div><div>VG</div><div>GF</div></div>	<b>Veggie Roast</b> Stuffed zucchini with spiced and roasted rosemary pumpkin, green beans and served with turmeric mung been purée in curry sauce and sprinkled cilantro on top.	60k

Classic Indian Dishes

A selection of some of the most popular Indian dishes with an Ayurvedic twist.

<div><div>VG</div><div>GF</div></div>	<b>Indian Thali of The Day</b> A complete meal that covers all the 6 tastes. Protein-rich dhal, vegetables, sweet and savory chutney, pickle, rice and bitter gourd crisps. A perfect combination of carbs, proteins, fats, nutrients and fibre for your main meal of the day.	75k
<div><div>GF</div></div>	<b>Masala Dosa 65k</b> A crispy, ghee-roasted fermented red rice and mung bean crepe, filled with a mildly spiced potato mash and served with coconut chutney, tomato chutney and dhal vegetable stew.	*Vegan option 60k
<div><div>GF</div></div>	<b>Kitchari</b> An all-time classic go-to meal, easy to digest, cleansing and nourishing. Rounded off with ginger and black pepper to beat cold and flu symptoms. Served with chutney.	45k
*Vegan option available		
<div><div>VG</div><div>GF</div></div>	<b>Indian Spinach Dhal</b> Classic all time favorite dish made with yellow split mung beans, cooked with spinach, ginger, turmeric and tomatoes and served with cumin - flavoured jeera rice and chapati.	65k

<div><div>VG</div><div>GF</div></div>	<b>Indian Eggplant Bartha</b> Grilled, mashed eggplant, cooked in tomato-onion sauce and refined with aromatic garam masala spices. Served with chapati or dosa.	55k
<div><div>VG</div></div>	<b>Tofu Tikka Masala</b> Tofu cubes marinated in exotic spices, grilled, then simmered in a mouth-watering tikka masala sauce. Served with vegetables and chapati.	65k *Gluten Free 70k
<div><div>VG</div></div>	<b>Palak Paneer</b> Indian cottage cheese cubes simmered in a rich spinach sauce and perfectly balanced with our tri-dosha balancing special herbs. Served with biriani rice, chapati or dosa.	75k *With tofu 65k
<div><div>VG</div></div>	<b>3 Vegetable Samosas</b> Delicious pastry parcels filled with flavorful crumbled potatoes and green peas, served with tamarind and mint chutney.	45k

Desserts

Delightful and natural sweet treats from the Ayurvedic kitchen.

<div><div>VG</div><div>GF</div></div>	<b>Carrot Cake</b> Natural sweetness from carrots, raisins, almonds combined with complementary spices.	35k
<div><div>VG</div><div>GF</div></div>	<b>Decadent Vegan Chocolate Brownie</b> A must try for all chocolate lovers. Served with coconut cream.	40k
<div><div>VG</div><div>GF</div></div>	<b>Vegan Tiramissu Cake</b> Nutty chocolate coffee base, topped with vegan cheese and cacao dust.	40k

<div><div>VG</div><div>GF</div></div>	<b>Dadar Gulung</b> Traditional Balinese rolled pandan-flavoured pancakes filled with shredded coconut and cured in palm sugar and cinnamon. A must try.	35k
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Sides

<b>Nasi Kuning</b>	10k
<b>Red / Brown Rice</b>	10k
<b>Whole wheat Chapati</b>	10k
<b>Gluten-free Chapati</b>	15k
<b>Vegetable of the day</b>	10k
<b>Chutney (savoury)</b>	5k
<b>Chutney (sweet)</b>	10k
<b>Ghee shot (15ml)</b>	10k

Drinks

<div><div>GF</div></div>	<b>Turmeric Aloevera</b> A potent liver tonic and cleanser made with fresh turmeric roots, aloe vera, keffir lime, bhumı amalaki and honey.	35k
<div><div>GF</div></div>	<b>Immune Boosting Tea</b> Made with antiviral tulasi and antibacterial moringa leaves, refreshing lemon and infused with warming cloves.	30k
<div><div>GF</div></div>	<b>Vitamin C Mocktail</b> Local Vitamin C rich bilimbi fruit, mint, honey and ginger.	40k
<div><div>GF</div></div>	<b>Super Glow</b> A cold-pressed classic green juice, highly alkalising and blood purifying. Contains chlorophyll, ginger, moringa, cucumber, apple, turmeric, lemon and brahmi.	40k
<div><div>GF</div></div>	<b>Classic Chai Masala</b> Black tea with ginger, cloves, cardamom, star anise, and cinnamon. Choose between cows milk, coconut milk or simply black.	30k
<div><div>GF</div></div>	<b>Ojas Drink</b> An energizing, nourishing drink made from almonds, dates, cashews, cardamom, cinnamon and nutmeg.	45k
<div><div>GF</div></div>	<b>Lassi</b> A probiotic kefir drink, great for gut health and immunity.  <i>Flavor options:</i> • Sweet Cardamom • Mango • Mildly Salted & Spiced • Blueberry  *With coconut yoghurt	40k
<div><div>GF</div></div>	<b>Turmeric Latte</b> A warming drink, enriched with turmeric, chai spices and slightly sweetened with palm sugar. Choose between cows milk or coconut milk.	30k
<div><div>GF</div></div>	<b>Digestive Tea</b> Gut cleansing tea with liquorice, lemongrass, senna and fennel.	25k
<div><div>GF</div></div>	<b>Tea</b> Organic herbal infusions from our garden.  <i>Tea options:</i> • Tulasi • Vata Tea • Brahmi • Pitta Tea • Peppermint • Kapha Tea • Lemongrass & Ginger	15k
<div><div>GF</div></div>	<b>Coco Biotic Signature Herbal Tea</b> Water by glass	15k / shot 10k 5k



**AYURVEDIC FOOD DELIVERY MENU**

ORDER VIA WHATSAPP: +62 811-385-2288 or on GoFood

Very HEALTHY  
Very TASTY  
Very FAST

We deliver your food in 45 min or less – otherwise your next order is on us.\*

- We use freshly-picked, wholesome ingredients, sourced mostly from our own organic gardens and prepared according to Ayurvedic principles. Our menu is vegetarian and most dishes can be made vegan as well.

Please let us know if you have specific dietary requirements.
- Free delivery for orders above 200k
  - Minimum order volume: 50k
  - Prices on this menu are exclusive of tax and service charge
  - Cashback 1k per basket and 3k per glass jar

**\* Terms & Conditions**

  - Offer applicable only for orders of maximum 5 items and destinations within a 4 km radius from our Centre in Nyuh Kuning
  - The free order cannot exceed the value of your initial order that lead to the free order
  - GoFood deliveries are exempt from the offer

<b>Delivery Fees:</b>	Nyuh Kuning Free	4 km distance 15k	every additional 2 km 5k
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