



Jl. Sukma No 2, Ubud ,Bali
Open 7AM-10PM Last order 9 PM

Minimum order: 100,000 IDR
Delivery fee within Ubud : 10,000 IDR
Price valid until Dec 31 2017

All prices do not include 10% government tax and 5 % service tax

Price descriptions 1K: 1.000 IDR

All Plant-based Vegan.

All Wheat-Free, Animal & Dairy-Free.

All our drinks & desserts are Gluten-Free & Soy-Free.

R= Raw C= Cooked (G)= Contain Gluten (S)= Contain Soy

DELIVERY MENU

CALL OR TEXT US

+62-822-4048-5154

 Sayuri Healing Food

 sayuri _ healing _ food

DRINK

ICED DRINK

Cold-pressed Cafe Latte 45K
With cashew milk

Reishi Chai Latte 55K
Medicinal mushroom Reishi, chai spices,
cashew milk

Matcha Green Tea Latte
With cashew milk

Cold-pressed coffee 55K
By the glass

Kombucha 60K/500ml
Moringa/Rosella

Coco Probiotics Kefir
- Pineapple Mint Plain 40K/500ml
- Dragon Ginger 49K/500ml

Iced Teatox- Local Medicinal Tea
- Ginger and Licorice
- Turmeric and Licorice 29K/500ml
- Forestberry

Extra on any of your drink Whip cream 15K
Ice Cream 22K

HOT DRINK

Espresso 22k

Macchiato 23K

Café Americano 22K

Cappuccino 25K
With coconut milk

Cafe Latte 25K
With coconut milk

Extra Shot 12K

Coffee option EXTRA 15K
With coconut milk

HOT DRINK & TONIC

Turmeric Latte 29K
Turmeric, cinnamon, ginger, cayenne,
clove, coconut milk

Red Velvet Latte 29K
Cacao, beetroot, cinnamon, vanilla, coconut milk

Matcha Green Tea Latte 45K
With coconut milk

Reishi Chai Latte 45K
Reishi medicinal mushroom, chai spices, coconut milk

Mexi-Chaga Cacao 59K
Chaga medicinal mushroom, cacao, maca,
lucuma, cayenne, coconut milk

Shilajit Hot Chocolate 59K
Ancient concentrated earth mineral -Shilajit-,
cacao, coconut milk, coconut nectar, charcoal

Yoga Proof Tonic - Double Reishi - 55K
Coconut oil Reishi creamer warm elixir
with reishi & chaga medicinal
mushroom powder, cacao, lucuma, maca,
cayenne & hint of coconut nectar

Yoga Proof Tonic - Coffee - 19K
Coconut oil coffee creamer warm elixir
with reishi & chaga medicinal mushroom powder,
cacao, lucuma, maca, cayenne & hint of coconut nectar

HOT DRINK OF THE WORLD

Matcha Tea Ceremony 59K
D Y I Matcha ceremony, comes with
chocolate & hot water chaser

Yerba Mate 49K
South American ritual. Share with friends or yourself.

Teatox - Local Medicinal Tea 19K
Choose from... Gotukola/ Ashitaba/ Moringa/ Rosella

Japanese Tea Selection 19K
Choose from...Green Tea Classic / Hoji Tea
(roasted green tea) / Genmai Tea
(green tea with roasted puffed brown rice)

ALL DAY BREAKFAST & BOWL

SAVORY BREAKY

Big Boy Breaky R 69K

GF-raw breads, coconut curry "butter", corn & cashew scrambled "egg", coconut "bacon", wilted spinach, mushroom & tomato

(Option: replace with sourdough bread (G), or GF-baked bread: same price)

Breakfast Burrito R 69K

Raw Zucchini wrap, corn & cashew scrambled "egg", coconut "bacon", fresh green & mushroom served with tomato chutney on the side

Bread & "Butter" Breaky R 59K

GF-raw breads platter with "butter" & "jam" (Option: replace with sourdough bread (G), or GF-baked bread: same price)

Add Shilajit Chocolate Spread R EXTRA 12K

SMOOTHIE BOWL

400ml

Smoothie Bowl R 69K

A bowl of smoothie of your choice, served with varieties of fruits in season + 1 crunch topping of your choice from below:

Chia Bowl R 69K

A bowl of chia pudding, served with varieties of fruits in season +1 crunch topping of your choice from below:

Crunchy Topping R

Chocolate Granola	Cinnamon Coco-Chips
Pink Dragon Granola	Chocolate Coco-Chips
Spirulina Granola	

Quinoa Porridge C 59K

Cinnamon coconut flavored quinoa, lightly sweetened with coconut nectar, topped with shredded apple, raisins & candied walnuts - served warm or chilled

BOWL

High-Vi-Bowl R 69K

Big bowl of mixed greens, veggies, colorful veggie-spirals, sprout, ferment + 1 dressing & 1 bowl topping of your choice from below :

Choose dressing from: Tarragon vinaigrette,
Sweet-mustard,
Black garlic & charcoal

Nourish-A-Bowl C 69K

Brown rice, steamed green, steamed roots, marinated tempeh (S) (G), sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below :

Choose dressing from: Curry goji vinaigrette (S)
Wasabi nori seacer (S)
Tahini-kuraut

Ocean-Bowl C 69K

Quinoa, seaweed, mushroom, sprout, ferment, Korean marinated veggies, green & veggies + 1 dressing & 1 bowl topping of your choice from below :

Choose dressing from: Sesame Ban-Ban (S) (G)
Spirulina & dulce vinaigrette
Miso vinaigrette(S)

Bowl Topping R

- Galic-Crouton	- Sweet & chili Coco-Chips
- "Cheese"-Crouton	- Nori Spirulina Coco-Chips
- Spirulina Gomashio	- Curry Coco-Chips
- Nori & Dulce Gomashio	- BBQ Cashew Nibbles
- Spicy Onion Seeds	- Masala Cashew Nibbles

MEAL OF THE DAY

MONDAY	Peak Performance Bowl 69K Brown rice & tempeh & steamed veggies C, other item all R Fresh spirulina raw hummus, sesame tempeh, avocado, steamed green veggies, pomelo, spirulina gomashio, sprinkle of hemp seeds, 1000 island dressing, brown rice <i>(Option: rice to replace with quinoa : additional 7K)</i>
TUESDAY	Raw Balinese Campur with Walnut-Satay 69K All R Raw walnut "satay", almond butter "Gado-Gado sauce" (S) (G), Irish moss "Urab", ginger flower turmeric jicama "rice", spicy pickles "Rujak", Sambal Matta <i>(Option: raw "rice" to replace with brown rice: same price, or quinoa: additional 7K)</i>
WEDNESDAY	Athena Greek Salad 69K B read C, other i tem all R Classic Greek salad, in raw, with almond-feta-cheese, cucumber, tomato, olives, pickled onion, thyme dressing, romaine lettuce cob, sourdough bread (G) with pesto <i>(Option: replace with GF-baked bread: same price, or GF-raw bread: additional 7K)</i>
THURSDAY	Enchilada 69K Saut éed veggies C, other i tem all R 2 rolls of soft corn tortilla with spicy chipotle sauce, creamy nacho nut-cheese, sautéed mushroom + corn + spinach filling, served with Mexican cabbage coleslaw
FRIDAY	Malaysian Jackfruit Rendang 69K C Jackfruit Rendang curry with Malaysian spices & coconut milk (S) (G), brown rice, eggplant chutney, cucumber slices & coconut yoghurt <i>(Option: rice to replace with quinoa: additional 7K)</i>
SATURDAY	Reuben Sandwich 69K C Toasted Dark rye sourdough bread (G), avocado, cashew pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, served with coconut chips <i>(Option: replace with GF-baked bread: same price, but small size bread)</i>
SUNDAY	Lasagna Mexican 69K All R Our famous lasagna with Mexican heat! You won't believe it's all raw! Raw Tortilla corn lasagna "pasta", beets pate (S), fruits salsa, avocado, nut sour-cream, marinated spinach, raw-mezan, served with mix salad & today's dressing.

A LA CARTE

A LA CARTE

Lasagna Italian R 69K

Our most popular dishes!

You won't believe it's all raw!

Zucchini lasagna pasta, marinara sauce, raw-mezzan, nut-creamy béchamel, marinated, spinach, served with garden salad & today's dressing

Falafel Wrap R 69K

Falafel, hummus, dukha marinated veggies, rolled in a raw wraps, served with coconut chips

Pad Thai R 69K

Coconut + zucchini noodle with sweet tamarind sauce (S) (G), almond butter chili "stir-fried" veggies (S) (G), crunchy topping, served with "Sambal Matah" spicy fragrant relish

Norwegian-Style "Gravlax" Open Sandwich R 69K

Papaya "smoked-salmon" with fresh herbs & caper, cream nut-cheese, lettuce & sprout, raw GF-onion flat-breads, served with garden salad & today's dressing
(Option: replace with sourdough bread (G), or GF-baked bread: same price)

Bite Me Bread C, others 59K

Toasted sourdough bread (G) sandwich with cream nut-cheese, pesto, lettuce, avocado, tomato.
(Option: replace with GF-baked bread: same price, but small size bread)

Pizza Special R 69K

Raw seeded crust with marinara sauce, marinated mushrooms & spinach, kalamata olives fermented cheese & cashew pesto & rawmezan, served with garden salad & today's dressing

Pasta ala Vita R 65K

Tomato marinara zucchini-pasta mixed with wilted spinach & mushroom, topped with pesto, served with raw-mezzan on the side.

TASTING PLATER

Bread & "Butter" Taster R 59K

GF-raw breads platter with "butter" & "jam"
(Option: replace with sourdough bread (C) or GF-baked bread: same price)

Add Shilajit Chocolate Spread S R extra 12K

Dip Taster R 59K

Raw "crackers" with 2 kinds of dip of the day & veggie sticks

Aged-Nut-Cheese Taster R 69K

3 slices of GF-raw bread & 20-days-aged raw vegan nut-cheese slices, veggie sticks & fruits
(Option: replace with sourdough bread (G), or GF-baked bread: same price)

SOUP

Reishi Miso Soup C 42K

Handmade healing Miso (S) with seaweeds & dark greens, using Medicinal mushroom "Reishi" tea as "Dashi" soup stock -served warm-

Coco Pumpkin Soup C 45K

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom & miso (S), comes with coconut crouton on the side.
- served warm or chilled -

Ocean Love Soup C 49K

FRESH spirulina, wakame seaweed, pumpkin, miso (S), Thai spices, coconut milk & Reishi medicinal mushroom, comes with raw crackers on the side
- served only chilled for maximum benefit of fresh spirulina -

EXTRA GOODIES

EXTRA GOODIES

Quinoa	C 25K
Brown Rice with Azuki Beans	C 18K
Sourdough Bread 2 Slices (G)	C 28K
GF(Gluten-Free)-Baked Bread 2 Slices	C 28K
GF(Gluten-Free)-Raw Bread 2 Slices	R 35K
Raw Coconut Oil Base "Butter"	C 12K
<i>Choose "Butter" from :</i> Coconut curry Sweet vanilla Spirulina	
Fresh Spirulina	R 20K
Aged Nut Cheese Slices (1/4 X Whole)	R 32K
Avocado (seasonal)	R 15K

KIDS

KIDS

Onigiri Brothers C 35K
2 round "Onigiri" rice balls made of brown rice & nori seaweed, with soy sauced.

Dip & Sticks R 25K
3 kids of veggies sticks comes with cream cheese dip

Almond Butter Teddies C 55K
2 of the teddy bear friends of GF-baked bread, almond butter & banana slices, comes with chocolate ganache sauce on the plate & berry sauce on the side
(Option: replace with sourdough bread (G): same price)

Banana Split C 59K
Whipped cream C, other item all R
A whole banana split into half, topped with 2 scoops of ice cream, whipped cream, fruits & chocolate ganache sauce

DESSERT

DESSERT

*All your nuts & seeds are ACTIVATED!
All Raw, Vegan, Gluten-free & Soy-free!*

Double Chocolate Pie	R 45K
Caramel Dream Torte	R 55K
Banana Dream Pie	R 49K
Carrot Cake	R 49K
Triple Berry Cheesecake	R 55K
Nut-Free Mango Tango	R 49K
Nut-Free Choco-Vanilla Cake	R 49K
Mint Chocolate Spiral Cake	R 49K
Truffle - Rose	R 29K
"Nutella" Fudge	R 32K
Cherry Ripe	R 32K
Chocolate - Peppermint	R 25K
Chocolate - Orange	R 15K
Shiva Ball - Lemon Spirulina	R 18K
Jamvavan Ball - Chai Goji	R 18K
Hanuman Ball - Choco Maca	R 18K

*Please place order if you are OK that,
more than 5 mini bike drive distance,
our cakes may melt during delivery.*

RETAIL

AGED -NUT -CHEESE

20-days-aged raw vegan nut-cheese

Plain	95K
Dill & fig	105K
Olive & dry Tomato	115K
Brie	115K
Smoky	115K

SAUERKRUT

330ML

Green Spirulina	49K
Antioxidant Purple	49K
Balinese	39K
Indian	39K
NINJA Kimchi	39K

RAW CHEFT TRAINING

WWW.BALIRAWCHEF.COM

CHOCOLATE & ENERGY BALLS

RAW COOKING CLASS

WWW.SAYURIHEALINGFOOD.COM

JUICE & SMOOTHIE

COLD-PRESSED JUICE S/280ml L/500ml

Healing S/45K L/65K

Kale, fennel, cucumber, celery, lime, juice, apple, ginger

Cleanse S/45K L/65K

Beets, coriander, apple, cucumber, lime, ginger

Zinger S/45K L/65K

Carrot, apple, lime, ginger

Detox S/45K L/65K

Pineapple, carrot, turmeric, orange

Refresh S/39K L/55K

Watermelon, basil essential oil

SUPERFOOD SMOOTHIE 400ml

Mega Hemp Protein 59K

FRESH spirulina, hemp powder, lemon, kale, spinach, mango, banana, coconut milk

Ecstatic 59K

Dragon fruits, banana, maqui berry, Chaga medicinal mushroom, green coffee, cacao, beetroot, cinnamon, coconut milk, spirulina, cashew, coconut nectar

Immunity 59K

Blueberry, banana, coconut milk, Irish moss, orange, turmeric, goji, cashew, , cayenne, cinnamon, coconut nectar

Pick Me Up 49K

Kale, spinach, banana, coconut water, pineapple, mango, with berry swirl

Maca Mocha 45K

Coconut milk, banana, cacao, coffee, maca, cinnamon, Irish moss

Choco Magic 59K

Coconut milk, banana, mango, cacao, almond butter, vanilla, Irish moss

Strawberry Lassie 59K

Coconut yoghurt, pineapple, strawberry, Irish moss, coconut water

SHOT S/100ml B(IN BOTTLE)/280ml

Our ACV(Homemade Apple Cider Vinegar)

is fermented with our Kombucha SCOBY!

Mild, slightly sweet & fruity, to support digestion!

ACV Pure Apple S/25K B/59K

ACV Strawberry apple S/29K B/69K

ACV Tarragon Apple S/29K B/69K

Jamu Tonic S/39K

Turmeric, ginger, apple cider vinegar, fermented garlic, lemon, tamarind, cinnamon & hint of coconut palm nectar

SMOOTHIE BOWL 400ml

Smoothie Bowl R 69K

A bowl of smoothie of your choice, served with varieties of fruits in season crunch topping of your choice from below:

Chia Bowl R 69K

A bowl of chia pudding, served with varieties of fruits in season +1 crunch topping of your choice from below:

Crunchy Topping R

Chocolate Granola

Pink Dragon Granola

Spirulina Granola

Cinnamon Coco-Chips

Chocolate Coco-Chips