



Welcome to Sayuri Healing Food!

Our logo represents the circle, “ENSO” - 円相 -, in Zen, translated to “KUU”, - 空 -, the source or essence, nothing-ness, is the infinity & the whole universe, that everything is inter-connected in a chain of co-becoming and in a state of constant flow. This place is for us all to become “KUU”, - as the logo of our café represent -, where each one of us become the “shine” on each uniqueness of its existence, which is the pure purpose of here & now for each, therefore it is the most powerful force to impact everything around you. Have you notice that when you smile today, the whole universe smile, even your neighbors & the trees smile back to you? So thank you for your smiling today, thank you for being you. We have ongoing un-cooking & yoga classes and many other “sharing” events to expand our creativities to reminds us all that we are the fountain of potential. The food that we provide, raw-living & gluten-free & simple cooked plant-based food with ethical organic resource where possible, is our first choice. Did you know that every living being is giving off the light, called “bio-photon”? What if we eat more of the light? If “we are what we eat”, what food do you want to become? We serve predominantly raw-living food for its higher light & vibration to enhance our healing process, healthy rejuvenation & longevity in the physical, emotional & spiritual level. We also serves plant-based gluten-free, simple cooked food incorporating the ancient wisdom of Ayurveda, Chinese, Macrobiotic perspective, which we see the food as “energy”, therefore it helps us to “align with nature”. If we can align with the universal energy, our body, mind & spirit should function perfectly how it supposed to be. And what if “what we eat” is the easiest access for that alignment?

What if all that radiant-ness within is possible from the simple act of “eating”?

Let our food be the medium for us all to fulfill our each dharma- the true purpose of our here & now on this planet, to activate ourselves to reach our full potential, to heal & balance our body, mind & spirit, for each and for all living beings!

May we all re-connect ourselves to the infinite universe within,  
find our each individual path for the sustainable radiant healthy lifestyle!

 **Sayuri Healing Food**

 **sayuri \_ healing \_ food**

**WIFI: Sayuri Café Password : ilovelife**

# WHAT ELSE DO WE OFFER?

@ SAYURI HEALING FOOD

## RAW CHEF TRAINING, RAW FOOD & YOGA CLASSES, MONTHLY EVENTS AND MUSIC NIGHT

Check the details & schedule on our website!

### HOME DELIVERY

Call us on +62-822-4048-5154

### YOGA CLASSES

Starting from June 2018!

### RAW FOOD CLASSES

Raw intro, dessert, fermentation, chocolate, raw Italian, raw Balinese, DIY skin care & Jamu etc.

Check the details & schedule on [www.sayurihealingfood.com](http://www.sayurihealingfood.com)  
[education@sayurihealingfood.com](mailto:education@sayurihealingfood.com)

### MADE TO ORDER CAKE

For your special day

### GROUP CLASS

We offer the group cooking class for your retreat & event at the special rate.

Inquire to [education@sayurihealingfood.com](mailto:education@sayurihealingfood.com)

### PARTY & EVENT

Our venue can be booked for your event such as retreat gathering, birthday party and wedding.

## THE FOOD & DRINK WE SERVE ARE...

All Plant-based Vegan. All Wheat-Free, Animal & Dairy-Free. All our drinks & desserts are Gluten-Free & Soy-Free. All the food extract are "Medicine Flower" products - raw, organic & high vibrational. Filled with good intention & love. ...ENJOY!!

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

# DRINK

## ICED DRINK

<b>Cold-pressed Cafe Latte</b> with cashew milk	45K
<b>Reishi Chai Latte</b>	55K
Medicinal mushroom Reishi, chai spices, cashew milk	
<b>Matcha Green Tea Latte</b> with cashew milk	55K
<b>Cold-pressed coffee</b> by the glass	50K
<b>Kombucha</b> See the retail fridge	60K/500ML
<b>Coco Probiotics Kefir</b> Plain 40K/ flavored 49K	
<b>Iced Teatox - Local Medicinal Tea</b>	29K/500ML
<b>Kelapa Muda</b> Whole young coconut	24K
<b>Bomb!</b>	69K
Your choice of latte (café latte or Reishi chai or Matcha latte), ice cream, whipped cream, berries, chocolate & drizzle	
<i>Extras for Your Drink</i> 1 scoop ice cream 22K   whipped cream 15K	

## ICED TONIC

<b>Pirate Tonic Tea</b>	55K/500ML
Jin nourishing, kidney tonic for the highest potency. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability	
<b>Mother Goose Tonic Tea</b>	59K/ 500ML
Chi nourishing, spleen & blood tonic for raw foodies & for weak digestion. Chinese Tonic herbs includes, dan gui, poria, prepared rehmannia, jujube dates, longan, licorice, reishi medicinal mushroom, ginger, cinnamon, goji berries, which helps blood-building & circulation, vitality, anti-aging & dampness.	
<b>Reishi Tonic</b>	49K/500ML
Most potent Medicinal mushrooms, AKA "mushroom of immortality", Great for immune strengthening, vitality, anti-oxidant, anti-aging, inner peace & spiritual insight, nourish your "jing" – core energy, "chi" – the pranic flow energy, and "shen" – your shine of who you are	
<b>Bali Heat Tonic Shot</b> S(100ml) 18 K, IN BOTTLE(280ml) 49 K	
Warming, Chi nourishing, spleen tonic from Balinese indigenous herbs. anti-parasitic, anti-microbial, liver cleaning, help-digestion & Immune booster. Cinnamon, clove, ginger, tamarind, cayenne chili, coconut nectar	

## HOT DRINK

<b>Café Americano</b>	22K	<b>Espresso</b>	22K
<b>Macchiato</b>	23K	<b>Extra Shot</b>	12K
<b>Cappuccino</b>	25K	<b>Coffe Latte</b>	25K
With coconut milk		With coconut milk	
<b>Coffee option</b>	EXTRA 15K		
Replace coffee with Cold-Pressed Coffee			

## HOT DRINK & TONIC

<b>Turmeric Latte</b>	29K
Turmeric, cinnamon, ginger, cayenne, clove, coconut milk	
<b>Matcha Green Tea Latte</b>	45K
With coconut milk	
<b>Reishi Chai Latte</b>	45K
Reishi medicinal mushroom, chai spices, coconut milk	
<b>Mexi-Chaga Cacao</b>	59K
Chaga medicinal mushroom, cacao, maca, lucuma, cayenne, coconut milk	
<b>Shilajit Hot Chocolate</b>	59K
Ancient concentrated earth mineral -Shilajit-, cacao, coconut milk, coconut nectar, charcoal	
<b>Yoga Proof Tonic - Double Reishi -</b>	55K
Coconut oil Reishi creamer warm elixir with reishi & chaga medical mushroom powder, cacao, lucuma, maca, cayenne & hint of coconut nectar	
<b>Yoga Proof Tonic - Coffee -</b>	45K
Coconut oil coffee creamer warm elixir with reishi & chaga medicinal mushroom powder, cacao, lucuma, maca, cayenne & hint of coconut nectar	

## HOT TEA OF THE WORLD

<b>Matcha Tea Ceremony</b>	59K
DIY Matcha ceremony, comes with chocolate & hot water chaser	
<b>Yerba Mate</b>	49K
South American ritual. Share with friends or yourself.	
<b>Teatox - Medicinal Herbal Tea</b>	19K
Caffeine-free tea to choose from... Gotukola / Ginger / Moringa / Rosella / Mint / Chamomile / Rooibos	
<b>Japanese Tea Selection</b>	19K
Choose from... Green Tea Classic / Hoji Tea (roasted green tea) / Genmai Tea (green tea with roasted puffed brown rice)	

### What's Reishi & Chaga ?

Both are some of the most potent Medicinal mushroom, good for immune strengthening, vitality, anti-oxidant, anti-aging. Reishi brings us equanimity and deep insight for the long run. Chaga helps us to decalcify our pineal gland, therefore activate our 3rd eyes.

### What's Shilajit ?

Highest concentrated earth mineral including fulvic acid and humic acids, known as the "conqueror of mountains and destroyer of weakness". good for immune system, strengthening & recovery.

# JUICE & SMOOTHIE & SHOT

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

### Healing S/45K L/65K

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

### Cleanse S/49K L/69K

Beets, coriander, apple, cucumber, lime, ginger

### Zinger S/45K L/65K

Carrot, apple, lime, ginger

### Detox S/49K L/69K

Pineapple, carrot, turmeric, orange

### Refresh S/39K L/55K

Watermelon, basil essential oil

## ACV Shot S (100ml) IN BOTTLE(280ml)

Our ACV(Homemade Apple Cider Vinegar) is fermented with our Kombucha SCOBY! Mild, slightly sweet & fruity, to support digestion!

### ACV Pure Aple S/ 25K B/59K

### ACV Strawberry Aple S/ 29K B/69K

### Bali Heat Tonic Shot S(100ml)/18K IN BOTTLE(280ml)/49K

Warming, Chi nourishing, spleen tonic from Balinese indigenous herbs. anti-parasitic, anti-microbial, liver cleaning, help-digestion & Immune booster. Cinnamon, clove, ginger, tamarind, cayenne chili, coconut nectar.

## GUT ESSENCE SHOT S 50ml

The essences are either fermented or simmered below 40c to maximize their bio-availability

### Jamu Tonic S/39K

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

### Hang in there, Honey S/35K

turmeric, ginger, lime, tamarind, cinnamon, pepper, palm nectar, papaya, vinegar.

### Punch & Glory S/35K

Daikon, garlic, chili, turmeric, ginger, spirulina, onion, palm nectar, coconut vinegar

### Yummy Tummy S/35K

Red apple, soursop, pineapple, ginger, sea salt, cabbage, palm nectar, pineapple vinegar

### Aphrodisiac S/35K

cacao, passion fruit, pineapple, soursop, aphrodisiac roots, maqui berries, cloves, palm nectar, tropical fruit vinegar

### Booster S/35K

beetroot, cacao, soursop, temulawak, chili, cinnamon, palm nectar, banana vinegar

## SUPERFOOD SMOOTHIE 400ml

### Mega Hemp Protein 59K

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

### Ecstatic 59K

Dragon fruits, banana, maqui berry, Chaga medicinal mushroom, green coffee, cacao, beetroot, 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, 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

### Charity Forest Smoothie 59K

Banana, pineapple, chlorella liquid, kale, spirulina, coconut milk, papaya leaf. half of the profit goes to "Yoga For Nature" charity org. to preserve Indonesian Forest

### Smoothie Bike 45K

DIY smoothie by riding smoothie bike. Get the jug at the juice bar, enjoy yummy ride !  
Dragon fruit, mango, banana, chia seeds, cacao, coconut milk, ice cubes

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

## Smoothie Super Boost Addition

Probiotics	9K	Spirulina powder	7K
Moringa	7K	Fresh spirulina	12K
Maca	7K	Acai	12K
Cacao	12K	Maqui	12K
Goji	12K	Coconut yogurt	12K
Hemp	12K		

All prices do not include 10% government tax and 5% service tax / Price descriptions 1K=1.000 IDR

All the cold drinks are Raw, Plant-based Vegan & Wheat, Gluten, Soy, Dairy -Free

# ALL DAY BREAKFAST

## 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

### Pirate Tonic Khichdi C 59K

Indian flavored rice and lentils porridge, cooked with Jin nourishing, kidney tonic for the highest potency. Easy to digest and nourishing. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability.

### 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

## WAFFLE SPECIAL

### Gluten-Free Waffle C 69K

With coconut whip cream + 1 ice-cream & 1 drizzle of your choice from below

#### Ice-Cream

Vanilla-Lucuma  
Choco-Maca  
Coffee-Chaga  
Spirulina-Mint-Choco-Chip

#### Drizzle

Chocolate Ganache  
Triple-Berry  
"Caramel"

## SWEET BREAKY

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

### Quinoa Porridge C 59K

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

## Extra Topping for Bowls & Waffles

Single serve fruits	7K
Crunchy topping (choose from above)	12K
Coconut yoghurt	12K
Chia pudding	12K
1 scoop ice cream	22K
Extra whipped cream	15K
Extra drizzle	7K
Cacao nibs	12K
Chia seeds	12K
Flax seeds	12K
Spirulina crunch	12K
Goji berries	12K
Fresh spirulina	20K

# TODAY'S SPECIAL & BOWL

1 0 A M ~

## MEAL OF THE DAY

**MON** **Peak Performance Bowl** 69K  
Brown rice & tempeh & steamed veggies C, other item all R

Fresh spirulina raw hummus, sesame tempeh, avocado, steamed green veggies, edamame, pomelo, spirulina gomashio, sprinkle of hemp seeds, 1000 island dressing, brown rice (Option: rice to replace with quinoa: additional 7K)

**TUE** **Laksa Bowl** 79K  
C

Malaysian-style coconut curry soup bowl (S), with red rice noodle, marinated mushroom, teriyaki tempeh (S) (G), steamed veggies, fresh beans shoot, fresh herbs, spicy onion sprinkles.

**WED** **Raw Burger** 69K  
All R

Raw spirulina buns, raw burger patty (S), ketchup, mayo, mustard pickled cucumber, lettuce, tomato, avocado, jicama chips on the side (Option: Raw Buns to replace with spirulina sourdough buns (G) : same price)

**THU** **Enchilada** 69K  
Sautéed veggies C, other item all R

2 rolls of soft corn tortilla with spicy chipotle sauce, creamy nacho nut-cheese, sautéed mushroom + corn + spinach, filling avocado served with mix salad & today's dressing

**FIR** **Malaysian Jackfruit Rendang** 69K  
C

Jackfruit Rendang curry with Malaysian spices & coconut milk (S) (G), brown rice, eggplant chutney, cucumber slices & coconut yoghurt (Option: rice to replace with quinoa: additional 7K)

**SAT** **Reuben Sandwich** 69K  
C

Toasted Dark rye sourdough bread (G), avocado, cashew pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, served with coconut chips (Option: replace with GF-baked bread: same price but small sized-bread)

**SUN** **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

## BOWL

**SAYURI'S BOWL 69K**  
Nourish-A-Bowl  
+ Wasabi-Nori Seaser Dressing  
+ Spirulina Gomashio Topping

**Galactic Bowl** 79K  
R

Raw bread with pesto on top, almond feta cheese, Karamata olives, pickled onion, sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below :

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

**Nourish-A-Bowl** 69K  
C

Brown rice, steamed green, steamed roots, marinated tempeh (S) (G), sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below (Option: rice to replace with quinoa: additional 7K)

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

**Ocean-Bowl** 69K  
C

Quinoa, seaweed, mushroom, Korean marinated veggies, sprout, ferment, 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  
"Cheese"-Crouton  
Spirulina Gomashio  
Nori & Dulce Gomashio  
Spicy Onion Seeds  
Sweet & chili Coco-Chips  
Nori Spirulina Coco-Chips  
Curry Coco-Chips  
BBQ Cashew Nibbles  
Masala Cashew Nibbles

### Extra Topping for Bowls

Extra dressing	12K
Extra bowls topping (choose from above)	12K
Flax seeds	12K
Chia seeds	12K
Goji berries	12K
Spirulina crunch	12K

## A LA CARTE

1 0 A M ~

## A LA CARTE

**Lasagna Italian** R 69K

Our most popular dishes! You won't believe it's all raw! Zucchini lasagna pasta, marinara sauce, nut-creamy béchamel, marinated spinach, raw-mezan, served with garden salad & today's dressing

**Falafel Wrap** R 69K

Falafel, hummus, dukha fresh tahina 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, avocado, lettuce & sprout, raw GF-onion flat breads, served with garden salad & today's dressing

**Teriyaki Tempeh Burger** bun & tempeh C, others R 69K

Spirulina sourdough bun(G), teriyaki tempeh (S) (G), wasabi drizzle, cashew mayo, mustard pickled cucumber, lettuce, tomato, served with coconut chips

(Option: Sourdough bun (G) to replace with raw spirulina bun same price but smaller in size) .

**Bite Me** bread C, others R 59K

Toasted sourdough bread (G) sandwich with cream nut-cheese, pesto, lettuce, avocado, tomato

(Option: replace with GF-baked bread: same price but smaller size bread)

**Pirate Tonic Khichdi Deluxe** C 69K

Indian flavored rice and lentils porridge, cooked with Jin nourishing, kidney tonic for the highest potency. Delighted with marinated mushroom, sourdough bread (G) & sambal mattah. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom,, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability.

**Pizza Special** R 69K

Raw seeded crust with marinara sauce. marinated mushrooms & spinach, kalamata olives, cashew cheese & cashew pesto & raw-mezan, 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-mezan on the side

## TASTING PLATTER

**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 R extra 12K

**Dip Taster** R 59K

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

**Raw Aged-Nut-Cheese Taster** R 69K

3 slices of GF-raw bread & 20-days-aged raw vegan nut-cheese slices & fruits slices, balsamic reduction

## 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, a dash of chili infused sesame oil, coconut milk & Reishi medicinal mushroom, comes with raw crackers on the side

- served only chilled for maximum benefit of fresh spirulina -

## KIDS &amp; SMALL APPETITES

**Onigiri Sisters** C 39K

2 round "Onigiri" rice balls made of brown rice & nori seaweed, walnut miso filling in the middle, with soy sauce (S) (G) on the side

**Half-sized Coco Pumpkin Soup** C 23K

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom, miso (S)

- Served warm or chilled -

## EXTRA GOODIES

### EXTRA GOODIES

---

<b>Quinoa</b>	C 25K
<b>Brown Rice</b>	C 18K
<b>Sourdough Bread 2 Slices (G)</b>	C 28K
<b>GF(Gluten-Free )-Baked Bread 2 Slices</b>	C 28K
<b>GF(Gluten-Free )-Raw Bread 2 Slices</b>	R 35K
<b>Raw Coconut Oil Base "Butter"</b>	R 12K
<i>Choose "Butter" from</i> Coconut curry Spirulina	
<b>Fresh Spirulina</b>	R 20K
<b>Aged Nut Cheese Slices (1/8 X Whole)</b>	R 35K
<b>Avocado (seasonal)</b>	R 15K

## DESSERT

All your nuts & seeds are ACTIVATED!  
All Raw, Vegan, Gluten-free & Soy-free!  
Please ask what is available today to the staff!

Some of our staples are :

<b>Double Chocolate Pie</b>	R 45K
<b>Caramel Dream Torte</b>	R 55K
<b>Banana Dream Pie</b>	R 49K
<b>Triple Berry Cheesecake</b>	R 55K
<b>Nut-Free Mango Tango</b>	R 49K
<b>Nut-Free Choco-Vanilla Cake</b>	R 49K
<b>Rum &amp; Choco Birthday Cake</b>	R 49K
<b>White Forest Wedding Cake</b>	R 49K

**Banana Split** 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

### HOMEMADE ICE CREAM

---

#### Ice cream scoop

1 scoop 22 K / 2 scoop 40K / triple scoop 58K  
choose from Vanilla-Lucma, Choco-Maca, Coffee-Chaga,  
Spirulina-Mint-Choco-Chip