

# DELIVERY MENU



[www.sayurihealingfood.com](http://www.sayurihealingfood.com)

 Sayuri Healing Food

 sayuri \_ healing \_ food

# 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>	Moringa / Rosella	60K/500ML
<b>Iced Teatox - Local Medicinal Tea</b>		29K/500ML
Ginger Licorice Turmeric & licorice		
<b>Kelapa Muda</b>	Whole young coconut	24K

## ICED TONIC

### Pirate Tonic Tea 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

### Mother Goose Tonic Tea 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.

### Reishi Tonic 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

### Bali Heat Tonic Shot 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 & 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
Great 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)		

## HOT DRINK

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

# 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	20K
Maca	7K	Acai	12K
Cacao	12K	Maqui	12K
Goji	12K	Coconut yogurt	12K
Hemp	12K		

# ALL DAY BREAKFAST

## SAVORY BREAKY

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### 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

## SWEET BREAKY

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### 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

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

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## 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

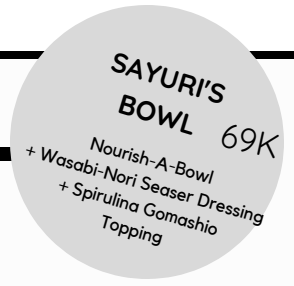
Toasted Dark rye sourdough bread (G), avocado, cashew pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, served with coconut chips (Option: replace with GF-baked bread: same price but small sized-bread)

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



**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) :
- Flax seeds 12K
- Chia seeds 12K
- Goji berries 12K
- Spirulina crunch 12K

# A LA CARTE

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## A LA CARTE

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### **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

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### **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

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### **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 & SMALL APPETITES

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### **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

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Quinoa	C 25K
Brown Rice	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"	R 12K
<i>Choose "Butter" from</i> Coconut curry Spirulina	
Fresh Spirulina	R 20K
Aged Nut Cheese Slices (1/8 X Whole)	R 35K
Avocado (seasonal)	R 15K

## RETAIL

### AGED - NUT - CHEESE

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Plain	R 95K
Dill & Figs	R105K
Olive & Dry Tomato	R 115K
Brie	R 115K
Smokey	R 115K

### SAUERKRAUT

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Green Spirulina	R 45K
B a l i n e s e	R 39K
Indian	R 39K
NINJA Kimchi	R 39K

### SPROUTED RAW NUT BUTTER

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Almond Butter	R 143 K
Hazelnut Butter	R 208K
Cashew Butter	R 169 K
Coconut Butter	R 120 K

# DESSERT

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

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

Double Chocolate Pie	R 45K
Caramel Dream Torte	R 55K
Banana Dream Pie	R 49K
Triple Berry Cheesecake	R 55K
Nut-Free Mango Tango	R 49K
Nut-Free Choco-Vanilla Cake	R 49K
Rum & Choco Birthday Cake	R 49K
White Forest Wedding Cake	R 49K
Snickers Bar	R 45K
Truffle- Rum & Raisin Matcha	R 35K
Truffle - Rose	R 29K
"Nutella" Fudge	R 32K
Doughnut Dipped in Chocolate	R 42K
Brownie	R 35K
Super Tonic Fudge with Shilajit Topping	R 35K
Beans To Bar - Rum & Raisins	R 95K
Chocolate - Peppermint	R 25K
Chocolate - Orange	R 15K
Shiva Ball - Lemon Spirulina	18K
Jamvavan Ball - Chai Goji	18K
Hanuman Ball - Choco Maca	18K
Ananda Ball - Charcoal & Raw Chocolate	18K

**CALL, TEXT, OR WHATSAPP US ON  
+62 (0)822 4048 5154**

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

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Minimum order: 100,000 IDR  
Delivery fee within Ubud : 10,000 IDR  
Price valid until Dec 31 2018

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

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All Plant-based Vegan. Animal & Dairy-Free.  
All our drinks & desserts are Gluten-Free & Soy-Free.  
R =Raw C=Cooked (G) =Contains Gluten (S) =Contains Soy

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**RAW CHEF TRAINING**  
**RAW FOOD CLASS**  
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