

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
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

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



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

DRINK

ICED DRINK

Cold-pressed Cafe Latte	with cashew milk	45K
Reishi Chai Latte		55K
Medicinal mushroom Reishi, chai spices, cashew milk		
Matcha Green Tea Latte	with cashew milk	55K
Cold-pressed coffee	by the glass	50K
Kombucha	See the retail fridge	60K/500ML
Coco Probiotics Kefir	Plain 40K/ flavored 49K	
Iced Teatox - Local Medicinal Tea		29K/500ML
Kelapa Muda	Whole young coconut	24K
Bomb!		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

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

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

HOT DRINK & TONIC

Turmeric Latte		29K
Turmeric, cinnamon,ginger,cayenne, clove, 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 medical mushroom powder, cacao, lucuma, maca, cayenne & hint of coconut nectar		
Yoga Proof Tonic - Coffee -		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

Matcha Tea Ceremony		59K
DIY Matcha ceremony, comes with chocolate & hot water chaser		
Yerba Mate		49K
South American ritual. Share with friends or yourself.		
Teatox - Medicinal Herbal Tea		19K
Caffeine-free tea to choose from... Gotukola / Ginger/ Moringa / Rosella / Mint / Chamomile / Rooibos		
Japanese Tea Selection		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	14K
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

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

Croque Monsieur C 59K

Sourdough bread (G), roasted eggplant, vegan cheddar cheese, coconut béchamel sauce served with marinated spinach

Pirate Tonic Khichdi C 59K

Indian flavored rice and lentils porridge with garlic, onion & subtle spiciness, 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

BREAKFAST SPECIAL

MON - FRI

Vegan Omelette C 59 K

zucchini, onion, mushroom, fresh herbs, house-made ketchup served with rye sourdough bread (G) & coconut curry "butter"

SAT

Matcha Swirl Pancake C 69 K

Gluten-free matcha and vanilla pancake topped with fresh fruits, strawberry chia jam, vegan butter & coconut caramel

SUN

Coco Banana French Toast C59K

Banana & vanilla flavored battered pan-fried sourdough bread (G), topped with vegan butter & coconut caramel.

MORNING "SET"

Get free coffee or tea of the day with every "Breakfast Special" made between 7-9am | extra charge for latte 7K

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

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"

Extra Topping for Bowls & Waffles

Single serve fruits	7K	Cacao nibs	12K
Crunchy topping	12K	Chia seeds	12K
(choose from above):		Flax seeds	12K
Chia pudding	12K	Spirulina crunch	14K
1 scoop ice cream	22K	Goji berries	12K
Extra whipped cream	15K	Fresh spirulina	20K
Extra drizzle	7K		

TODAY'S SPECIAL & BOWL

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	14K

A LA CARTE

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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 with garlic, onion & subtle spiciness, 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 & 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

Quinoa	C 25K
Brown Rice	C 18K
Sourdough Bread 100gr (G)	C 28K
GF(Gluten-Free)-Baked Bread 2 Slices	C 28K
GF(Gluten-Free)-Raw Bread 3 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

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 :

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

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